fit & well

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26







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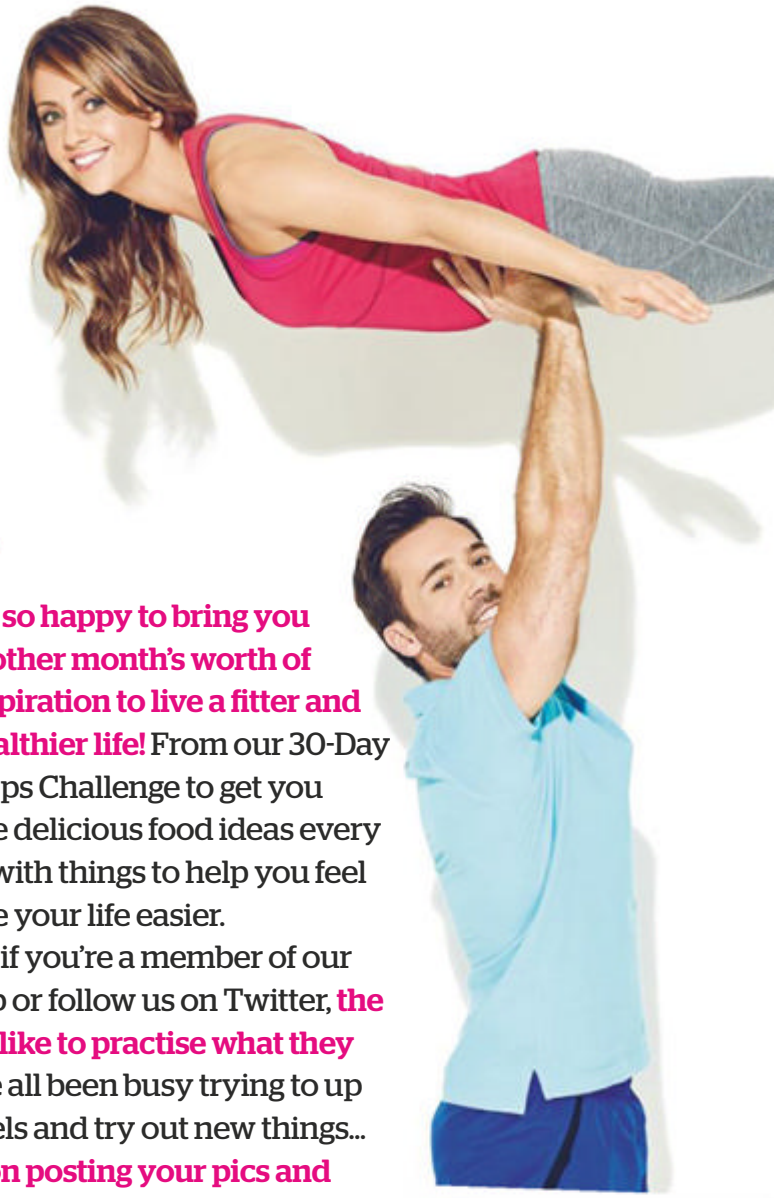
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Plus! Eat Well mini mag starts on p37

Cover image Dan Kennedy **This page** Getty Images

Welcome to fit & well





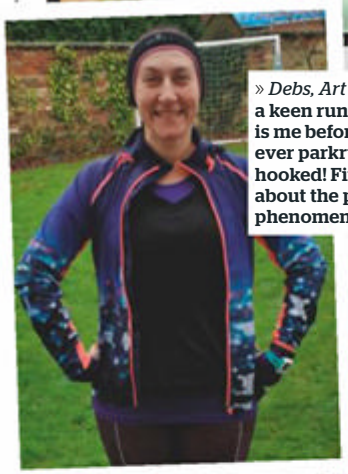
» *Sarah, Picture Ed* **I've been baking gluten-free cakes for the team!**



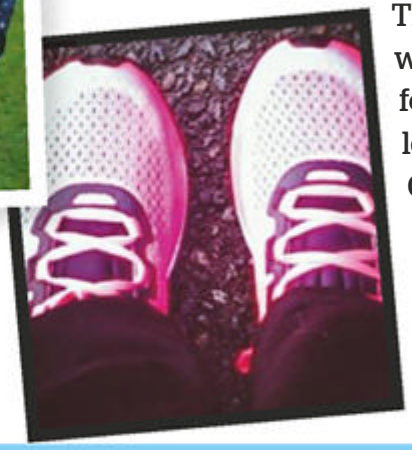
I'm so happy to bring you another month's worth of inspiration to live a fitter and healthier life! From our 30-Day Steps Challenge to get you walking to some delicious food ideas every page is packed with things to help you feel better and make your life easier.

As you know, if you're a member of our Facebook group or follow us on Twitter, **the Fit & Well team like to practise what they preach** so we've all been busy trying to up our activity levels and try out new things...

Please keep on posting your pics and comments – we love hearing from you. That's why in this issue we've got loads more ways for you to get involved, so let us know how you get on. Good luck!



» *Debs, Art Director* **I'm a keen runner but this is me before my first ever parkrun, I'm hooked! Find out more about the parkrun phenomenon on p14.**



» *Charlotte, Editor* **Running scares the hell out of me. But I couldn't let the side down so I picked up a pair of pink running shoes in the sales and ran (and walked) my first ever 5K.**

Charlotte



» *Natalia, Writer* **I'm trying to drink a juice a day. These Savse cold-pressed juices make it easier on days I haven't got time to DIY.**

Get in touch!

Whether you're an Instagrammer or a Facebooker here's where to find us...

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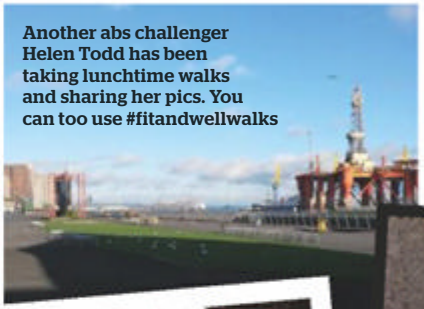
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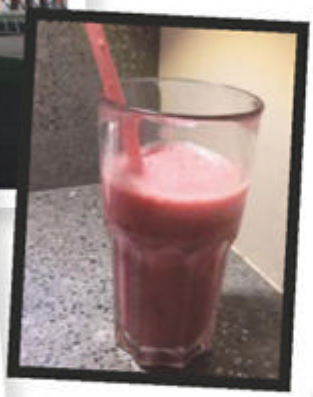
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Visit the Fit and Well
Magazine channel



Another abs challenger Helen Todd has been taking lunchtime walks and sharing her pics. You can too use #fitandwellwalks

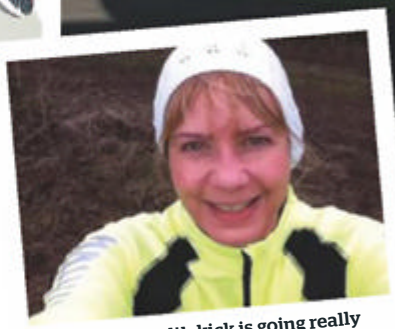


Alison Reay-Jones tried our perfect smoothie recipe and now she's hooked! She's also started running thanks to our Fit in 30 plan. Nice work Alison!



Well done to all our fantastic readers!

Last issue inspired lots of you to improve your health and fitness and we love it when you share your success with us...



Sue Phair's health kick is going really well – she tweeted us this pic of her recent run AND she's doing the 30-day Abs challenge.



sally hodder
@sallyjh0

@Fitandwellmag bought your mag today, love it! Full of great information, looking forward to the next one :)



Vanessa Jane Holbourn was brave enough to share her first ride on her new bike!

And now it's your turn...



Page 23

Share your sandwich!

We've put together the ultimate lunch and we'd love to see your own healthy creations too. Share a shot of your own favourite on Instagram or Twitter using our **#fitandwellfood** hashtag. The best ideas will feature in a future issue.



Page 18

Tone up in 30 minutes

We've put together a workout you can do at home in three 30 minute sessions a week to tone up you entire body. Need help? There's a handy video on our Facebook page.

Get your next issue for 99p!

Turn to p76 for a voucher to get the April issue for less than half price!

fit & well
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fit & well Exclusive!

'I never went to the gym till I met Sylvain'

Corrie's Samia Ghadie tells Jessica Powell what it's like to have a PT for a boyfriend – and loans him out to train you, too



They say 'the couple that sweats together, stays together'. And if Samia Ghadie, 32, (aka *Corrie*'s Maria) and her partner Sylvain Longchambon, 34, are anything to go by, that sounds about right.

Having met when Samia was partnered with Sylvain, a professional ice skater, on the 2013 series of *Dancing On Ice*, their relationship was founded on fitness. And when I meet them at our cover photoshoot in Manchester, it's clear that they haven't slowed down since. One minute, they're demonstrating a party trick lift that they mastered on the show (while we all wince as he thrusts her overhead – and over a hard concrete floor). The next, they're giving us a masterclass on the workout they've been doing together since Sylvain became a full-time personal trainer after *Dancing On Ice* came to an end last year (see overleaf).

As Samia collapses on the floor laughing while Sylvain tries to position her in the perfect side plank, it's clear that working out together is a source of silliness and fun for this couple.



‘Before I met Sylvain I never went to the gym – ever’

‘I’ve always been pretty health conscious. I’ve never been a complete slob,’ says Samia. ‘But I go to the gym now. Whereas, before I met Sylvain, I never went – ever.’ So is working out as a couple something she’d recommend? ‘Yeah, definitely. It makes it more fun. But especially with Sylvain because that’s his job – it’s a lot more motivating for me to have him stood at the side of me telling me what to do.’

And he knows his stuff. Qualifying as a personal trainer 12 years ago meant he had a ready-made career to step into when he hung up his skates. ‘Because last year was the final *Dancing On Ice*, I wanted to do something different,’ says Sylvain. ‘I could still skate, but it meant I would have to go away for a few weeks or months on tour doing shows. I wanted to do something regular and stay near where we live.’

Now he trains everyone, from kids to mums to his football mates and Samia, at a local gym. So, what’s Samia like as a pupil? ‘She’s very good. She knows that she has to listen to me,’ he laughs. ‘She’s always happy to train. With some clients, after an hour I’m really tired because I have to push them all the way. I don’t have to push her too much.’

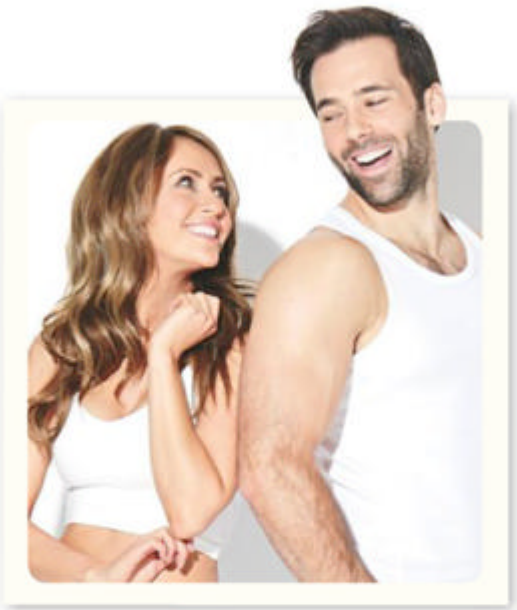
‘I always want to concentrate on my bum and stomach’

‘The last few weeks we’ve trained quite a few times because I wasn’t working much,’ says Samia. ‘But when I’m working and I’ve got my daughter Freya at home, it’s difficult to get to the gym. I just sound like I’m making excuses, don’t I? But once I get there I really enjoy it and I find I have more energy.’

Who decides which area her workout is going to target? He doesn’t say, ‘You need to work your bum today’ does he? ‘No, he always says, ‘What do you want to do today?’ I always tell him I want to concentrate on my bum and my stomach, you know, round where your muffin top is?’

‘Yoga helps me when I’m panicky’

For the record, Samia has no muffin top. She’s slight, slim and toned, while Sylvain is pure muscle, with arms the size of her legs. Clearly, all their efforts in the gym (him, football three times a week and weights four times a week; her, running, yoga and strength training) pay off. But there’s not a hint of inflated ego between them. And when I ask them what they like best about their own bodies they visibly squirm. (Sylvain settles on his knees and Samia her little toe). But joking aside, I wonder whether they feel under pressure to look good?



‘I wouldn’t want to put on weight’

‘I don’t feel any pressure from *Corrie*. [But] I think the media can put pressure on you because you’re scrutinised, aren’t you?’ says Samia. ‘People can have a picture taken and it’s like, ‘Oh they’ve put on a few pounds. Are they having a baby?’ It does make you more aware of your figure and how you look.’

Sylvain also feels he has to keep in shape, but it doesn’t worry him. ‘Because I’ve been an ice skater my whole life and it’s a lot about aesthetics, I wouldn’t want to put on weight. It’s all about looks on the ice. It’s something that I’ve always done since I was nine, so I’m used to it now.’

Does Samia appreciate being with someone who cares about how he looks though? ‘Yeah definitely, he’s got a respect for himself.’ For her, exercise is about more than the pursuit of the body beautiful, though. ‘I find yoga good because I’ve suffered with panic attacks over the years and it always helps me whenever I’m going through periods when I’m a bit anxious.’

‘Once you can skate, you can skate. It’s like riding a bike’

While Sylvain is clearly passionate about being a PT, he admits he does miss skating. ‘I still teach a little bit, but that’s not really skating myself,’ he »

says. So he and Samia hit the ice together when they can. 'We went a couple of weeks ago,' says Samia. 'When I went onto the ice 'our song' – *Diamonds* by Rihanna, which was from our first routine on *Dancing On Ice* – came on and we were like 'wah-hey'. It was like it was meant to happen. After five minutes, I felt confident again and I've not been skating for ages. I think once you skate, you can skate. It's like riding a bike.'

'We've taken Freya [Samia's five-year-old daughter with her ex-husband] skating a couple of times,' says Sylvain. 'She likes to be picked up – a bit like Sam actually. She prefers to ice skate in the living room, too. 'She calls me 'Silly', so she says 'Silly, let's ice skate,' which basically means pick me up and spin me around. I think sometimes she thinks I'm five as well!'

'I'd never say the word 'diet' – it's unhealthy'

'Freya is really active. She does gymnastics once a week, which she really enjoys,' says Samia. 'She's always liked performing and running around [but] I don't really want to encourage her to go into performing arts. From the age of six I did acting and stuff, and obviously I'm really grateful for where it took me in my life, but there is a lot of rejection and it can make you quite insecure. I just want to encourage her to do something more sporty I think. I'd quite like her to do gymnastics.'

'I make sure my daughter sees me enjoying food'

How will she protect Freya from body confidence issues as she gets older? 'I'd never say the word 'diet' because I don't think that's healthy. I wouldn't want Freya to ever think that I was conscious of my body or to put that thought into her head. I always make sure she sees me eating and enjoying my food. I always tell her how brilliant she is. She's really strong-willed actually. She's a lot more confident than I was at her age.' And with Samia and Sylvain as role models, Freya is in a good place to have a healthy attitude to her body in the years to come.

» *To find out more about training with Sylvain, follow him on Twitter @_SLPT*

Try Sylvain's legs, bums & tums blitz »



Photos Dan Kennedy **Styling** Vicki Hillman **Hair and make-Up** Alison Chesterton Samia wears white V crop, £10, and pale blue shorts, £10, both Topshop; pink vest, £28, Sporty by Princesses, and Tan Grey leggings, £35.95, Gap. Sylvain wears white vest, £20, and blue shorts, £28, both Nike. Both wear their own trainers



HOW IT WORKS

With each of these exercises, do 20 reps on one side, then 20 reps on the other and repeat for 3 sets (120 reps in total). Together, they create the perfect circuit to tone your lower body.

Sylvain's get-trim tips

» PARTNER UP It's always better to train with someone than on your own. If you're not really in the mood, but your partner says, 'Come on, let's go,' it pushes you. So, if you can, go with your other half or a friend.

» DO INTERVALS Alternate cardio with strength exercises – one minute work, one minute rest. That kind of interval training is best for losing weight.

» HIT THE GYM People often think, 'I'm not fit enough, people are going to look at me.' But at the gym you'll get motivated because you'll see that other people are getting better.

» SHAKE IT UP In the mornings, blend banana, oats, nuts and soya milk into a shake. It's good for energy and keeping your appetite satiated, so you don't feel hungry after an hour.

» GO FIGURE Ice skating is good because you don't use the same muscles as you do in the gym. And every time you lose your balance, you tense muscles.

»The bridge

Lie on your back with your knees bent and feet flat on the floor. Lift your bum and hips off the floor to get into a bridge position. Lift your left leg straight up in the air, then lower it back down to the floor, keeping your foot flexed all the time. After you've done your 20 reps, repeat on the other side.





Good for your BUM, LEGS & ABS

»The side plank

Lie on your right hand side. Push up onto your right forearm and feet, getting into a side plank. Lift your left leg up as high as you can, then bring it back down to almost touch your right leg. After you've done 20 reps, repeat on the other side.

Good for your BUM & SIDE CORE



»The leg raiser

Lie on your left hand side with your left leg stretched out straight. Bring your right leg over it, with your foot on the floor, and your knee bent. Rest your head down on your left arm so you don't hurt your neck. Lift your left leg up and down, keeping it straight, without touching down on the floor in between. After you've done your 20 reps, repeat on the other side.

Good for your INNER THIGHS

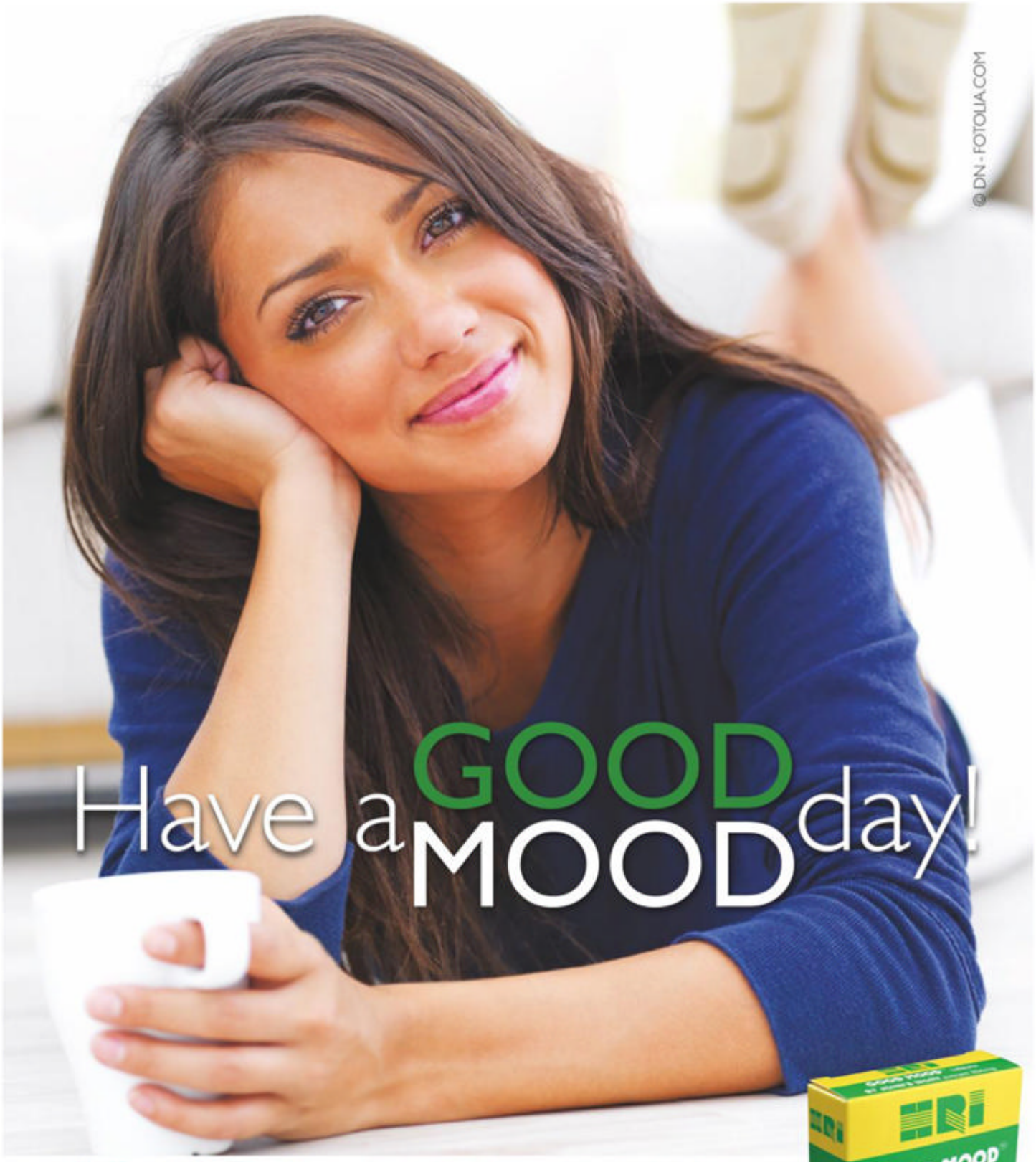


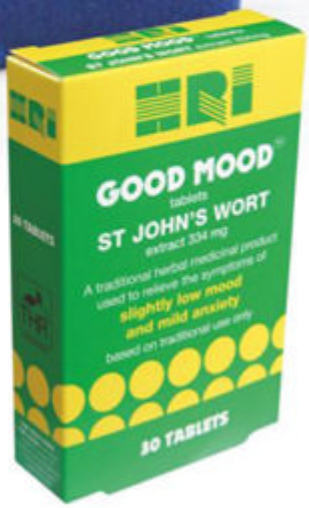
»The side lunge

Stand straight then lunge out to the side with your left leg. Keep your weight on your heel so you don't put pressure on your knee. Get as low as possible and use your arms in front as a counterbalance. Come back to the centre and repeat on the other side.

Good for your BUM, INNER & OUTER THIGHS







HRI Good Mood tablets – St. John's Wort – for slightly low mood and mild anxiety.

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Always read the pack label and leaflet. **www.HRIHerbalMedicine.co.uk**

feelbetterFAST



Put a smile on your pout

Red lips are back, folks, so apply a streak of scarlet for an instant pick-me-up. 'The bright pigment really gives your complexion a boost,' says beauty guru Fiona Embleton. We love Bobbi Brown Rich Lip Color, £19.50, in Old Hollywood.

DO GOOD DEEDS, GET FIT

This is the year when you practise the do-good, feel-good mantra – getting involved in activities that also give back to the community. We like to call it the halo effect.

» Try working out and helping the elderly at goodgym.org.

» Be the ecological good cop by cycling to work. Visit tfl.gov.uk/modes/cycling

INSTANT FOOD FIX!

Suffer from indigestion? Eat a kiwi after a heavy meal. The enzymes help the digestive process.

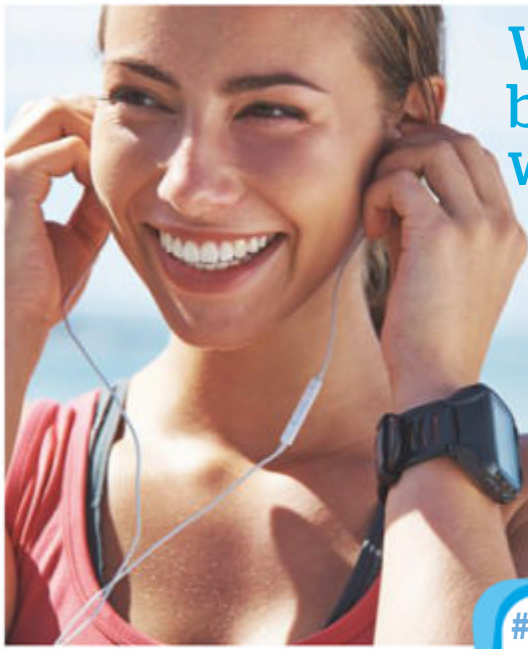
30 seconds is all it takes for an icy shower to aid weight loss. Our brown fat tissue increases fat burning in response to cold temperatures. Grit your teeth and get under!

THE PERFECT TIME TO... Eat breakfast

8.00am



Not good news if you're a breakfast-at-your-desk kind of person, but ideally you should have a small meal as early as possible in the day, within 15 to 30 minutes of waking. Otherwise your body will kick into starvation mode and you're likely to more than make up for it later in the day.



What's the best song to work out to?

Funny you should ask that. Spotify has discovered the most streamed song from 11 million workout playlists is Meghan Trainor's *All About That Bass* – a celebration of a bigger booty size! Spotify also has 5 new compilations to motivate you to move. See spotify.com

#FITANDWELLWISDOM 'I don't even know how much I weigh – my energy levels are more important than a number on a scale.' Elle Macpherson

#fitandwellwisdom

Follow us on Twitter at @fitandwellmag for more words of wisdom. Or use the hashtag above to tweet your inspirations

Words Jane Druker and Natalia Lubomirski **Photos** Getty Images, iStock

Dress size *isn't* everything!

Three women reveal their body hang-ups – and how many marks they'd give themselves out of 10...



Photos Phillip Waterman

'Being skinny doesn't mean I like how I look'



Julia Boaler, 33, lives in Sheffield with her son Luis. She works for a children's charity.

For some women, size 8 is the Holy Grail, but I've disliked my body ever since I was a teenager, when I was teased about my long, Pinocchio-like nose and flat chest. One day I went through all the family albums, pulling out every photo where I thought I looked ugly. There were barely any pictures of me left.

I HAD PLASTIC SURGERY

By April 2003, I'd had enough of feeling unhappy with the way I looked. So I paid £4,500 to shorten my nose. A year later, I spent £5,000 on taking my breasts from 34C to 34D. After the operation I was groggy and sore, but I loved my new shape. And when I gave birth to Luis in 2005, I was petrified I'd never shift the baby weight. I was back in my size 8 clothes within a month, but no amount of gym sessions would bring back my toned stomach. So I'm saving up for liposuction. I'm also planning a second breast augmentation, teeth whitening and Botox as soon as I hit 40. Some of the most attractive girls I know are a size 14 or 16. I'd love to be confident like them. But when I look in the mirror, all I see are the things I want to change.

» secretsurgery.co.uk

I give myself 4/10

'I'm not perfect, but why worry!'



Diane Morgan, 54, lives in London with her husband Bernard, 57, and their two children.

There's nothing I like more than spending the evening in watching *Corrie* with a glass of wine, a packet of crisps and my main vice, a tasty pork pie. Those treats might play havoc with my waistline, but at 54, I don't think I look too bad. In fact, when I'm dolled up, my husband likes to tell me I could pass for Kelly Brook's mum!

I'M MORE CONFIDENT

I don't think it's worth spending time bemoaning what you don't have and what you wish you did. At school, I hated how much taller I was than all the other girls. I wasn't a giant, but at 5ft 8in I stood out. So I developed a slouch, something that still bugs me to this day. And while my tummy only seems to get bigger (no doubt thanks to those tasty pork pies) my eyes seem to be getting smaller. But I don't plan on joining a gym and won't be going under the knife any time soon, so why fret about it? Besides, there's plenty I do like about myself – I've got long chocolate brown hair, great boobs, which haven't headed too far south, and pretty feet without a bunion in sight.

You have to make the most of what you've got – whether that involves putting on a bit of lipstick or standing tall. The older I get, the more confident I am.

I give myself 6/10



'At a size 16, I'm finally happy with my body'



Pauline Stenhouse, 48, lives in South Queensferry with husband Derek, 47, and their two sons.

Yes, I might be a size 16, but the truth is I've never been happier with my body. I'd been overweight most of my life, but it wasn't until I had my second child, Nathan, in 1999, that it got out of control. I put on 2st, taking me to 15st 6lb and a size 22, far too big for my 5ft 1in frame. I tried diets, but without willpower the weight stuck and I began to dread going out.

In December 2011, a leaflet for Curves, a women's-only gym, landed on my doormat. Two weeks later, looking in the mirror, I stifled a gasp. No matter how much I sucked in my bulging belly, my new top looked like it was bursting at the seams. I wondered if that gym was the answer to my problems. So I signed up.

I LOVE MY NEW FIGURE

I soon realised the women there were bigger than me, smaller, older and younger, but everyone was there for the same reason. I went to the 30-minute sessions five times a week and by 2012, thanks to my great trainer, Geraldine, I was down to 12st 5lb and a size 16.

I had a waist! I bought a gorgeous dress, my first for decades. I'm so proud of what I've achieved. The best thing about my body is that it's toned. I love my curves, my waist and, after losing 5in from my chest, my new boobs! I'm not quite perfect but I'm pretty close!

» curves.co.uk

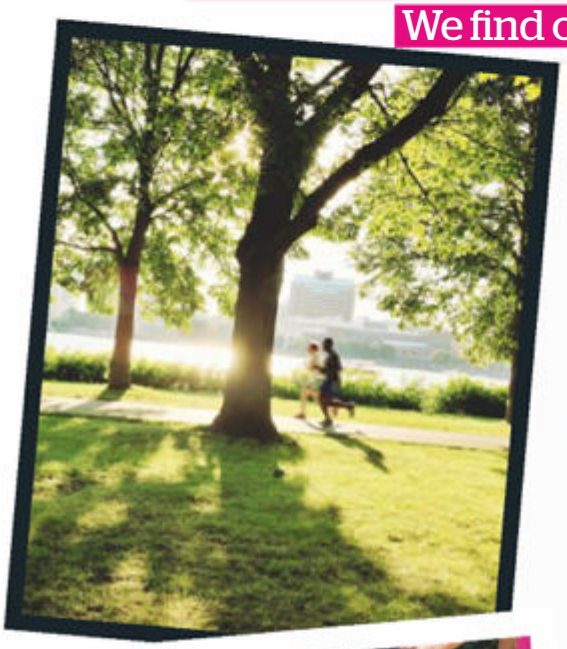
I give myself 9/10

Join the debate

Does your dress size matter? Let us know your views at facebook.com/fitandwellmagazine

Could you be a *parkrunner?*

It's the community running event taking the world by storm. We find out what all the fuss is about...













parkrun

» Head to parkrun.org.uk to find a nearby event

The concept couldn't be simpler: meet in the park and go for a run. But somehow it's struck a chord with everyone from mums to Olympic athletes and become a worldwide phenomenon. We're talking about parkrun, which sees people meet in their local park every Saturday morning to participate in a timed 5k. Not heard of it? With over 500,000 people registered in the UK now, you almost certainly know someone who's a parkrunner – even if you don't know you do.

So what's the appeal? While parkrun has none of the pressure of a race (it's free and you can decide if you want to turn up on the day) you do get an official time posted online. It's designed to feel non-competitive – it's all about 'racing yourself'. We speak to three parkrunners to find out why it's transformed their lives.



Jaz and her sister finish another parkrun

‘I’ve gone from a size 12 to an 8’

Jaz Bangerh, 44, from Leeds, is head of HR and volunteer management for parkrun.

Seven years ago I couldn’t run to the end of my street. I wasn’t in the greatest shape. So, although I was petrified, I went to a local running club. I knew I had to do something.

There I met Tom Williams, who is now the MD of parkrun, who said he was going to pilot this thing called ‘parkrun’ in Leeds. He asked me to go along, so I did – and I hated it. I ran the 5k like an elephant – thump, thump, thump – and it took me about 50 minutes. When I got to the end Tom said he was launching it as a weekly event. I could’ve sworn at him!

However, I made myself keep going. It took me 18 months to run the course without stopping, but everyone was so encouraging. I have run over 250 parkruns and can now do it in about 28 minutes. I’ve gone from a size 12 to an 8, but what’s more important is I’m stronger and fitter. It means a lot to me that I’m setting an example for women from my culture, as Asian women don’t typically run. I would be lying if I said I don’t ever feel like not doing parkrun on a Saturday morning. But I have never regretted it. If I can do it, anyone can.



‘I’m slimmer, stronger and fitter since I started parkrunning’

‘I can’t run, but I’m still part of the family’

Mags Mathieson, 54, from Belfast, is a civil servant.

My iPod Shuffle still has the songs on it that I used to run to. I haven’t been able to listen to it since I stopped – it brings back too many memories. Three years ago I was told I could never run again after I tore the cartilage in my knee. As a marathon runner, I was devastated.

Some people in my position might have avoided all things to do with running after that, but I went the opposite way and started volunteering at my local parkrun, the Waterworks in Belfast. I will never get that runner’s high again, but the next best thing is helping other people experience it.

A couple of years ago I was asked to be event director at the Waterworks. I turn up every Saturday at 8.15am to set up and I’ll bake shortbread if it’s a special occasion – if someone is running their 100th for example. Our parkrun is like a big family.



Mags helps a parkrunner celebrate his 100th

I love doing it because it makes me still feel part of the running community. I’ve made so many friends through parkrun.

» To find local volunteer opportunities, visit joininuk.org

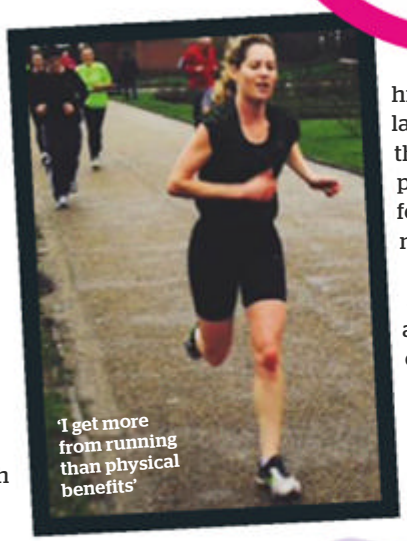
That’s clever!

If you use running app Strava (strava.com), a badge will appear by your name on your online parkrun profile so other runners can connect with you on the Strava community.

‘I ran to deal with my sister’s illness’

Laura Shrewbridge, 33, from Colchester, works in digital marketing.

My sister was just 22 when she became ill with leukaemia. I was upset, but more than that, I was really angry. I just thought, ‘Why my sister of all people?’ My way of dealing with it was to run.



‘I get more from running than physical benefits’

When someone is ill you want to be with them in hospital, but it’s important to try and do normal things, too. parkrun is brilliant for that – it gives you focus. By running, I had stories I could tell my sister when I went to see her during the months she spent in Addenbrooke’s Hospital in Cambridge having chemo.

A funny thing happened that year – it was my best for running. I even did one in Devon that was 20 miles and really hilly and I was the fifth lady to finish. I remember thinking, ‘My sister is in pain constantly, what’s a few minutes of pain for me to run up a hill?’

Thankfully, my sister’s now made a full recovery and is expecting her first baby.

I learnt that you can get a lot more from running than the physical benefits – you can process things.

#fitandwellruns

Keen runner or parkrun newbie? Use this hashtag to share your running selfies with us on Twitter @fitandwellmag

Words Jessica Powell Photos iStock



Do we really have to QUIT SUGAR?

Sugar detoxes are all the rage, but how much of it really is too much? We cut through the hype

There might have been lots in the news in the last few months about cutting sugar out of our diets, but it's still a source of great pleasure. And you are actually allowed 6tsp of the sweet stuff a day. So rather than going cold turkey or investing in expensive alternatives, we decided to discover the tweaks that will still make a difference.

Words Jane Druker **Photos** iStock

THE SCIENCE BIT

Firstly, the fact that we constantly crave the sweet stuff is not our fault – human beings are hardwired to desire sugar – it's an evolutionary hangover, as in caveman times high-calorie foods would have ensured a better chance of survival.

But today, with sugar so readily available, we are gorging on the stuff and, instead, we should be treating it with respect. It's not a toxin and it's not a drug, but there is solid evidence from the health experts that too much upsets our blood sugar and spikes our insulin levels encouraging fat storage. This leads to all sorts of medical problems, namely type 2 diabetes, heart conditions, obesity and even cancer.

Add to that the advice from the beauty community that a high-sugar diet wreaks havoc with our skin (chocolate has always been responsible for spots, right!), our teeth and accelerates the ageing process, then cutting down has to be a no-brainer.

The latest advice from the Scientific Advisory Committee on Nutrition in Britain suggests keeping your intake at no more than 25g a day – that's six teaspoons for women (seven for men). Bearing in mind that fizzy drinks, shop-bought sauces, ready-meals, biscuits, chocolate bars and even mayonnaise often take in this whole amount, nutritionist Vicki Edgson suggests we abide by the following rules:



The new SUGAR RULES



1 STOP ADDING IT!

If you add any sugar to your diet, use natural alternatives, such as honey, agave or stevia. Honey contains antioxidants; agave is a syrup 1.5 times sweeter than sugar and similar in consistency to honey but with a lower glycaemic index, ie it burns calories more efficiently; and stevia comes from a plant and contains zero calories.



2 CHECK THE LABEL

If anything comes in a packet, tin or jar (mustard, salad dressings, etc) check its sugar content. You should be looking for products that have less than 5g per 100g of sugar. Look out for labels with nutrients that end in an -ose. Sucrose, fructose, lactose, etc are all forms of sugar.

3 DITCH PROCESSED FOODS

Instead, make your own using natural ingredients. Homemade snacks, sauces, evening meals and packed lunches are cheaper and healthier, and this way you'll know exactly what is going into your food. And then you can use your healthy daily sugar allowance for a decent treat.

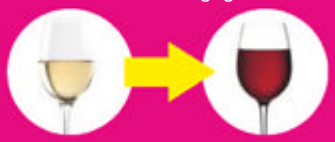
TRY THESE SMART SUGAR SWAPS

Add this list to your fridge so you can choose healthier snacks that don't break your daily sugar quota



SWAP THIS Fruit juices

FOR THIS Water with lemon, cucumber, mint, ginger or turmeric



SWAP THIS White wine

FOR THIS Organic red wine (it has beneficial antioxidants)



SWAP THIS Cereal from a packet

FOR THIS Muesli with fresh berries



SWAP THIS Full English fry-up

FOR THIS Tomato and parsley omelette



SWAP THIS Fruit yogurt

FOR THIS Full-fat Greek-style yogurt with honey, nuts and seeds



SWAP THIS Shop-bought sandwich

FOR THIS Wholemeal pitta pockets with houmous, avocado, rocket and tomato



SWAP THIS Biscuits

FOR THIS Oatcakes (they're great with natural peanut butter or guacamole)



SWAP THIS Tiramisu

FOR THIS Coconut cream with mixed frozen berries and topped with a small squirt of maple syrup

CAN'T QUIT YOUR DAILY SUGAR FIX?

Here's how to cut back without suffering withdrawal pangs

EAT MORE FRUIT

Whole and dried fruit can satiate your taste buds. Try adding mango to chicken, apricots to lamb, pomegranate seeds to salads or raisins or cranberries to rice. Also eating an apple before lunch means you tend to eat 200 fewer calories.



GO HALF-AND-HALF

If most of your sugar comes from drinks like soda and juice, dilute it with a half a cup of fizzy water instead. This will immediately reduce your sugar intake by 50%.

REDUCE REFINED CARBOHYDRATES

That's white bread, pasta and rice (with added sugar) in favour of complex carbs found in whole foods, ie potatoes with skins on, oatmeal, quinoa, lentils and soybeans. Try not to eat these close to bedtime as you may be more prone to weight gain.



Time to TONE

#FIT IN 30 minutes

UP!

If there's one thing we swear by when it comes to burning fat and having a better body, it's strength training. With this month's plan, you can go from feeble to formidable in 12 half-hour sessions

Are you envious of Cameron's athletic arms and Jennifer's taut tum, but think their firm physiques are an impossible goal? Do you often give the testosterone-filled weights room a wide berth at the gym?

Don't fear, our four-week programme, created by celebrity personal trainer Scott Laidler, is designed to rapidly build strength using only your body and a pair of hand-held weights (2-6kg) – and there's not a scary machine in sight!

What's more, you'll burn fat, keep your blood sugar stable (the more muscle mass you have, the more efficiently your body burns glucose) and create a toned physique, as well as protecting you from disease, such as osteoporosis, diabetes and heart conditions. What are you waiting for? Turn the page to get started. »

Your 30minute strength plan



» Never tried strength training? Scott's moves are straightforward, but don't worry, we've included a how-to guide for any of you fitness fledglings. Three 30-minute sessions a week should see great results.

Before you start

Take these three tests now, then again at the end to measure how much your strength has increased. Aim to double your time.

» **Plank endurance** Time how long you can hold the plank position perfectly still for.

» **Squat hold endurance** Perform a bodyweight squat and time how long you can hold it for.

» **Press-ups** Count how many press-ups (on your knees) you can do until you reach muscle failure. If you can do 20, nice work!



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY ONE	**Warm up** 5 mins jog on the spot **Dumbbell shoulder press** 3 sets of 12-15 reps **Press-ups (knee version)** 1 min x 2 **Squat hold** 1 min x 2 **Cool down** 3-5 mins jog on the spot	**Warm up** 5 mins jog on the spot **Dumbbell shoulder press** 3 sets of 12-15 reps **Press-ups (knee version)** 1 min 15 seconds x 2 **Squat hold** 1 min 15 seconds x 2 **Cool down** 3-5 mins jog on the spot	**Warm up** 5 mins jog on the spot **Dumbbell shoulder press** 3 sets of 10-12 reps (increase weight if possible) **Press-ups (try normal)** 1 min 30 secs x 2 **Squat hold** 1 min 30 secs x 2 **Cool down** 3-5 mins jog on the spot	**Warm up** 5 mins jog on the spot **Dumbbell shoulder press** 3 sets of 8-10 reps (increase weight if possible) **Press-ups (normal version)** 2 mins x 2 **Squat hold** 2 mins x 2 **Cool down** 3-5 mins jog on the spot
DAY TWO	**Warm up** 5 mins doing star jumps **Press-ups (knee version)** 1 min x 2 **Plank** 1 min x 2 **Lunges** 3 sets of 8 reps on each leg **Dumbbell deadlift** 3 sets of 12-15 reps **Cool down** 3-5 mins doing star jumps	**Warm up** 5 mins doing star jumps **Press-ups (knee version)** 1 min 15 secs x 2 **Plank** 1 min 15 secs x 2 **Lunges** 3 sets of 8 reps on each leg **Dumbbell deadlift** 3 sets of 12-15 reps **Cool down** 3-5 mins doing star jumps	**Warm up** 5 mins doing star jumps **Press-ups (try normal)** 1 min 30 secs x 2 **Plank** 1 min 30 secs x 2 **Lunges** 3 sets of 10 reps on each leg **Dumbbell deadlift** 3 sets of 10-12 reps (increase weight if possible) **Cool down** 3-5 mins doing star jumps	**Warm up** 5 mins doing star jumps **Press-ups (try normal)** 2 mins x 2 **Plank** 2 mins x 2 **Lunges** 3 sets of 12 reps on each leg **Dumbbell deadlift** 3 sets of 8-10 reps (increase weight if possible) **Cool down** 3-5 mins doing star jumps
DAY THREE	**Warm up** 5 mins of skipping **Dumbbell shoulder press** 3 sets of 12-15 reps **Press-ups (knee version)** 1 min x 2 **Plank** 1 min x 2 **Squat hold** 1 min x 2 **Cool down** 3-5 mins of skipping	**Warm up** 5 mins of skipping **Dumbbell shoulder press** 3 sets of 12-15 reps **Press-ups (knee version)** 1 min 15 secs x 2 **Plank** 1 min 15 secs x 2 **Squat hold** 1 min 15 secs x 2 **Cool down** 3-5 mins of skipping	**Warm up** 5 mins of skipping **Dumbbell shoulder press** 3 sets of 10-12 reps (increase weight if possible) **Press-ups (try normal)** 1 min 30 secs x 2 **Plank** 1 min 30 secs x 2 **Squat hold** 1 min 30 secs x 2 **Cool down** 3-5 mins of skipping	**Warm up** 5 mins of skipping **Dumbbell shoulder press** 3 sets of 8-10 reps (increase weight if possible) **Press-ups (try normal)** 2 mins x 2 **Plank** 2 mins x 2 **Squat hold** 2 mins x 2 **Cool down** 3-5 mins of skipping

YOUR 6 TOTAL TONE-UP MOVES

#FIT IN 30 minutes

»Lunges

Stand with your hands on your hips. Step one foot in front of you and bend both legs so they form right angles. Pause for 3 seconds, then bring yourself back to the starting position and repeat with the other leg.



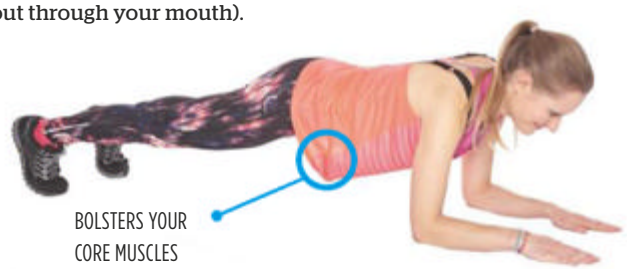


» Dumbbell shoulder press

Sit down on a chair with your back against the backrest and your feet placed firmly on the floor shoulder-width apart. Hold a pair of dumbbells in each hand, with your palms facing forwards at shoulder height. Lift the weights upwards and squeeze your shoulders in towards each other – your arms should be extended with a slight bend in your elbow. Slowly bring your arms down back to the starting position.

» Plank

Kneel down, lean forward and place your forearms on the floor, fingers facing forward. Lift your body off the floor so you're supported by your forearms and your toes. Keep your body straight and control your breathing (in through your nose and out through your mouth).



» Press-ups (knee version)

Kneel on the floor, keeping your feet in the air and crossed at your ankles. Lean forward and place your hands on the ground at chest level, fingers facing forward (they should be slightly wider than shoulder-width apart). Lower your body towards the floor, while keeping your back straight. When you are as low as you can go, pause for 3 seconds, then raise back up.





» Squat holds

Stand with your feet slightly wider than shoulder-width apart. Bend your knees and stick your bottom out. Extend your arms out in front of you to help keep your balance. As you squat down, ensure your back is straight and your knees don't come over your toes. Hold for the allotted time and raise yourself back to the starting position.



» Dumbbell deadlift

Stand with your feet under your hips, holding a pair of dumbbells with arms hanging down in front of your body. Keeping your back straight, bend forwards at your hips and squat down so your dumbbells are just above your feet. Push through your heels to lift the weights and raise your body up, then tense your glutes.

» For online personal training with Scott, visit scottlaidler.com. Six weeks' online personal training complete with a tailor-made plan by Scott's nutritionist costs £289. Follow Scott on Twitter at @Scott_Laidler

NOW WATCH THE VIDEO

Watch Scott's Strength Training Masterclass video on the Fit & Well Magazine YouTube channel.

You can also watch the video on Facebook, update us on your progress and chat with your training pals at facebook.com/fitandwellmagazine

Words Natalia Lubomirski **Photos** Anne-Marie Bickerton, Getty Images
Clothes Leggings, Roxy; top, Saucony; trainers, Merrell

5:2 COMPLETE MEAL PLANNER

101 RECIPES FOR YOUR FAST DAYS

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ADD TO YOUR PLANNER WITH TWO NEW RECIPE COLLECTIONS

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Build the perfect SANDWICH

Your quick, healthy and portable lunch, devised by dietitian Sarah Schenker

How?
Choose one or more ingredients from each section to construct your daily supercharged sandwich.

WHOLEGRAIN BREAD

FOR LONGER LASTING ENERGY go for wholegrains. Their B vitamins aid blood sugar balance as well as boosting nerve function, which can make you feel more alert. **TRY** a wholemeal wrap, rye or pumpernickel bread.

SKIN-FRIENDLY SALAD

BOOST YOUR COMPLEXION by adding a chopped tomato or a quarter of a red pepper – both contain the wrinkle-defying compound lycopene. **TRY** adding cucumber – it contains the mineral silica that boosts collagen.



POWER PROTEIN

FIGHT OFF LATE AFTERNOON CRAVINGS by choosing a filling protein. Beans are a great source. **TRY** 1tbsp kidney or adzuki beans, lightly mashed – the flavonoids in their red skin repair damaged DNA.

ENERGY BOOSTING GREENS

BOOSTS FATIGUE-FIGHTING RED BLOOD CELLS Dark green leaves provide a hit of folic acid, regulating blood pressure. **TRY** rocket or spinach.

HEART-HEALTHY FAT

REDUCE CHOLESTEROL and boost heart health with omega 3 fatty acids. **TRY** flaking a small, seared tuna steak. Vegetarian? The monounsaturated fat and high vitamin E content of avocado makes it a heart hero. Use half, mashed.

GUT-FRIENDLY SPREAD

BE KIND TO YOUR INSIDES by adding a dollop of digestion-supporting spread to help good bacteria flourish. **TRY** houmous or probiotic natural yogurt.

#fitandwellfood

What combo will you go for? Use this hashtag to share snaps on Instagram @fitandwellmagazine

Words Claire Fox **Photos** Pixeleyes



Start souping LOSE 9LB

If 2014 was the year of the juice, 2015 is set to be the year of the soup – great for shifting excess weight quickly...

While juice fasting is still very much in vogue and celebrated for its weight and toxin-busting benefits, for some of us it's just too tricky to stick to. We hanker after warm, hearty meals in the winter months.

So the good news is that this year a new trend is emerging that puts a hot new spin on liquid cleansing (quite literally), as souping is set to be the new juicing. 'You can have all the same vegetables and proteins as you do in a juice cleanse but in a hot soup, which is more sustainable as you're getting a proper meal,' explains nutritionist Vicki Edgson who has recently worked with Abel & Cole to develop their new Superb Souping Box, which launched in January (abelandcole.co.uk).

THE RIGHT KIND OF LIQUID LUNCH

'With the right sort of soup, you can get all the nutrients you need to replenish the body and boost the immune system,' says Vicki. And because soups contain all the fibre of the vegetables, they're brilliant at clearing out all of the toxins that might have adhered to the intestinal wall. Even better, warm liquids have been proven to be more hydrating than cold. You'll notice that one of the key things in our recipes is heating the veg through gently, rather than cooking them for hours. This is what makes souping different from bog standard soups. It saves time and really boosts the nutrient content.

But what about weight loss? While souping is not as tough as juicing, you will still shift some serious pounds.

'If you replaced two of your normal meals a day with soup, for example start the day with a normal breakfast, followed by a blended soup for lunch, and then a hearty soup with root vegetables and some buckwheat or barley for dinner, that would be great,' says Vicki. 'And even if you only managed to swap one main meal for soup every day, you could expect to lose 4-9lb over two weeks.

YOUR SUPER SOUPING RECIPES

Try these low-cal recipes from Vicki to get you started. You can create different soups with the same base ingredients by experimenting with other vegetables, herbs and spices. Just think seasonal, fresh, and with limited animal protein.

Words Jessica Powell **Photos** Getty Images, Stockfood, Timeinculkcontent.com

SPICY BUTTERNUT SQUASH WITH GINGER & CUMIN



Great for strengthening your immune system

Serves 2

INGREDIENTS

» 1 medium butternut squash, sliced across the squash in 2cm pieces
» 2tbsp olive oil
» 1tsp powdered cumin
» 2 large or 4 small carrots, grated
» 4cm piece root ginger skin on, grated
» 300ml water
» juice 1 lemon

WHAT TO DO

Heat oven to 175C, gas 4. Put butternut squash in roasting pan, drizzle over olive oil, dust with cumin and add black pepper. Roast for 35 mins, until soft. Scoop out flesh and let cool. Meanwhile, put the carrots and ginger with the water and lemon juice in a blender and blend until smooth. Put butternut squash and carrot in a pan and heat gently.

» 279 calories per serving

KALE & WATERCRESS SUPER GREEN



Great for A green juice alternative, full of potent iron

Serves 2

INGREDIENTS

» 3 handfuls kale, tough stalks removed, greenery chopped
» 1 large onion, peeled and chopped
» 3 bunches watercress, stems trimmed
» 1 litre vegetable stock
» 2cm piece root ginger, grated
» 1 stick rosemary
» juice 1 lemon

WHAT TO DO

Simmer all the ingredients, except lemon juice, until wilted. Remove the rosemary. Blend, then heat through gently adding lemon juice and black pepper to taste.

» 110 calories per serving

CELERIAC & PARSNIP WITH PUY LENTILS

Serves 2

INGREDIENTS

» 1 medium celeriac, peeled and diced
» 2 large parsnips, peeled and diced
» 1 leek, trimmed and sliced finely
» 2 cloves garlic, peeled and crushed
» 2tbsp olive oil
» 100g Puy lentils
» 3 sprigs thyme
» 250ml water

WHAT TO DO

Heat oven to 175C, gas 4 and place all vegetables on a roasting tray, rubbing in the oil and season with a pinch of salt. Roast for 35-40 mins, until just tender. Meanwhile, cook the Puy lentils in water with the thyme until al dente and leave to cool slightly. Either combine all ingredients and heat through for a chunky soup or blend until smooth, adding water if necessary.

» 293 calories per serving



Great for lasting energy throughout the day

FILLING RED PEPPER & TOMATO WITH HARISSA & QUINOA



Great for A hearty evening meal replacement

Serves 2

INGREDIENTS

» 3 red peppers, quartered and deseeded
» 6 large tomatoes, halved
» 6 shallots, peeled and halved
» 2-3tbsp olive oil
» 1 heaped tbsp harissa paste
» 1 cup red quinoa
» 3 cups water
» black pepper and pinch celery salt
» juice 1 lemon
» bunch chopped parsley

WHAT TO DO

Heat oven to 175C, gas 4. Put the veg in a roasting tray; drizzle with oil. Dot harissa over peppers and tomatoes. Roast for 25 mins. Meanwhile, cook the quinoa for 15 mins in a pan with the water and celery salt. Turn off heat, and cover for 5 mins until most of the water has absorbed. Blend until semi-smooth. Add lemon juice and pepper and top with parsley.

» 517 calories per serving

EAT SMART

Between soups, try to stick to these principles for even bigger gains

Eat light, healthy meals Porridge for breakfast, warm salads, fish or lean meat and veg for lunch or dinner.

Drink no caffeine or alcohol – your body will thank you!

Take a probiotic supplement (such as Bio-Kult) to help recolonise the good bacteria in the digestive tract.

For an added boost, one day have one large bowl soup in the evening, then nothing to eat until lunchtime next day.

» For more ideas, check out Vicki's new book Gut Gastronomy – Revolutionise Your Eating to Create Great Health, co-authored with Spa Chef, Adam Palmer.

And breathe

The ultimate calming combo, book a session of yoga and head out for a spot of retail therapy

We're only in the second month of 2015, but already we're requiring some much-needed Om. Yoga has long been known to increase your strength, balance and mental wellbeing (you'll feel your heart rate decreasing instantly), and it will also help you combat any commuter/sat-at-your-desk hunch. We've given this ancient form of exercise a modern makeover with some ultra-chic gear for you to choose from, so you can perform your sun warrior in style. After a frugal January, it's time to treat yourself...



Be An Athlete Ladies Shorts, £45, and Ladies Colour Block Vest, £38
Highly durable, crease resistant and body hugging with a flattering fit, so you can do your cobra in comfort and style



Shock Absorber Active Zipped Plunge, £25
Front fastening makes it comfortable for mat work



TIP
Layer up to stay warm at the start and end of the class



Wellicious Easy Leggings, £65
Made from comfortably soft organic cotton



Sweaty Betty Yoga Vest, £45 Embrace your inner calm in this statement tee



Sweaty Betty Hydrate Water Bottle, £15 Drink up after your Bikram



Nike Pro Fierce Sports Bra, £30
A flattering contoured silhouette shape



Odlo panty, £30
The circular knit prevents any sticking and unwanted chafing



Every Second Counts Take Your Time Top, £62 Keep warm mid-warrior with this cover-up



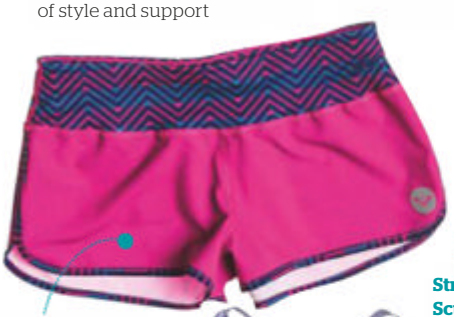
Lorna Jane Amore Bra, £39
The perfect combination of style and support



Sweaty Betty Barre Gripper Socks, £12
They're sweat-wicking, too



Roxy Tank, £30
Move and flex in this lightweight, tight-fitting racer back



Roxy Cruisin Shorts, £35 The four-way stretch will help you to perform tricky yoga poses

TIP
Wear comfortable clothing made from breathable fabric



Striders Edge Sculpt E-capri, £42 Made from luxury soft and supportive fabric



Odlo Revolution TS X-Light singlet, £35
Quick drying and thermal regulated for warmer days



TIP
Practise a range of poses in your kit to ensure you can move freely

Wellicious Calm Cushion, £79
Rest your head and drift away with the scent of lavender

Compiled by Natalia Lubomirski

‘I took control **one step** at a time’

Karen Dower, 55, has lost an incredible 6st and discovered the joys of Nordic walking...



When I was younger I wasn’t very sporty, but I was always active, often ice-skating or dancing with my friends on the weekends. I was a slim teenager and felt comfortable in my skin.

During my late 20s and early 30s I was always on the move. My job as a town planner meant I was often on site visits and I was able to walk to my office. I was confident about my size 10 body.

This all changed in my late 30s when I moved to Chichester. I received a promotion working for local government, which should have been something to celebrate. But instead it was stressful with sedentary days stuck behind a desk, a long drive to work and comforting myself with biscuits when I got home.

I developed awful habits. I ate cheese sandwiches for lunch and takeaways for dinner – curry from the Indian midweek



At her heaviest Karen weighed 15st 12lb



Being more active was key to Karen's weight loss

KAREN'S WEIGHT LOSS

	Before	After	Loss
Weight	15st 12lb	9st 12lb	6st
Dress size	20	12	4 sizes

and fish and chips on Fridays. And, with my evenings filled up with meetings and weekends spent doing housework, there was no time for exercise.

Throughout my 40s the weight crept up. A change of job at 45 brought later nights, a longer commute and even less time to eat properly and exercise. I didn't weigh myself, but started to feel my clothes getting tighter until I couldn't fit into my work suits any more. I just assumed this was part of the ageing process. Shopping, which I used to love, was now a nightmare and I struggled to find clothes to fit. By 2013 I was 15st 12lb.

My husband was very supportive, but my confidence was taking a nosedive. My youngest teenage daughter refused to go out with me because she was embarrassed to be seen with me. And my energy levels were at rock bottom.

Turning point

When I lost my mum to cancer at the end of 2011, I discovered that this and diabetes ran in my family. That moment terrified me into losing weight. I thought: 'I'm a ticking time bomb and I need to do something now.' I couldn't control my genes, but I could control my lifestyle. I was determined to take control of my health. It took me two years to overcome my grief and sort my mum's financial affairs, but by the end of 2013 I was ready to get my life back on track.

New year's resolution

On 1 January 2014 I made a promise to lose the weight. I took part in dry January and I overhauled my diet and exercise. It was a long winter, so my husband bought me an elliptical trainer to use indoors, which I jumped on every morning. Initially, I could only manage 10 minutes before becoming exhausted, but over the next two months my speed and stamina increased.

I made little changes to my diet. For breakfast I had muesli with crushed linseed, followed by Greek yogurt with prunes. I still ate my favourite fish and chips and curry, but a new job nearer to home meant I had time to make them from scratch. By April I'd lost 2st.

That spring my colleague asked me to try out Nordic walking. I'd already read about its benefits and by now my fitness levels were improving, so I signed up for two one-hour sessions per week. I loved it instantly. The technique was easy to pick up, and the variety of the scenery, from beaches to forests, took my mind off the exertion. Walking with a group also kept me motivated.

Over the next few months the weight continued to drop off. My size 20 clothes now swamped my body and I had to buy new outfits that fit my shrinking frame.

Looking at the big picture can be overwhelming, so I set myself achievable mini-goals. Every time I lost 2lb, I focused on the next two. I never set out to lose a certain amount, so even when the weight loss slowed, I wasn't frustrated. For me, it wasn't about the quick fixes, but about my long-term health.

By the start of this year, I'd lost another 4st. I now weigh 9st 12lb and I'm a size 12. I still can't believe what I've achieved. I wish I'd done it years ago, and getting out walking with my friends is the inspiration I need to keep it up.

» Karen lives in Chichester with her husband, Michael, and daughters, Louise, 27, and Claire, 25. For more information, visit nordicwalking.co.uk

STEP TO IT!

WHAT IS NORDIC WALKING?

A total body workout that uses specially designed walking poles. You need to use your upper body power to apply force to the poles and propel yourself forward. As well as toning your legs, it targets your chest, lats, triceps, biceps, shoulders and abs.

THE TECHNIQUE

Swing your arms from your shoulders, keeping your elbows straight. The longer the pole thrust, the longer your stride and more powerful the swing of your pelvis and upper torso.

HOW TO START

You can Nordic walk in any location, but it's a good idea to have some lessons from a qualified instructor. Many offer taster sessions as well as running groups that you can join for regular walks.

THE COST

Lessons cost around £10, while guided walks cost around £6. The instructor should provide poles at each session, but you can buy them for around £65 a pair.

CAN ANYONE DO IT?

It's suitable for all ages and fitness levels. Sessions range from ambles for those with health concerns to more energetic workout walks.

WHAT ARE THE HEALTH BENEFITS?

It targets your whole body, using 90% of your muscles. It's also a great cardiovascular exercise, helping you burn up to 46% more calories than ordinary walking. And it's low impact - the poles allow you to take the weight off your knees and lower body joints.

Words Natalia Lubomirski **Photos** Anne-Marie Bickerton



Get your glow on FAST!

Whatever your skin bother, we'll have you looking fresh-faced...

Swap your scrub

Regular exfoliating is a must, but ditch grainy scrubs for one that contains alpha hydroxy acids, to gently melt away dead cells. 'Scratchy scrubs can sometimes cause irritation and micro-tears on the skin,' explains facialist Sarah Chapman. We recommend Sarah Chapman Skinesis Overnight Exfoliating Booster, £58.

Say bye-bye to bubbles

You may think a cleanser that lathers up is best, but not for sensitive skin. Instead, **try an oil-based cleanser** such as Liz Earle Cleanse & Polish Hot Cloth Cleanser, from £15.50. 'Foaming cleansers can be drying,' says Sarah Chapman. 'But oil-based ones work with your skin's natural sebum.'

Try a brighter blusher

And we do mean a **neon-bright compact blusher**, such as Bobbi Brown Blush in Peony, £19. As long as you apply it a little at a time for a sheer finish, the intense colour will make your skin look fresh and full of life, not clown-like.

Slap on sunscreen

Every day, whatever the weather – it's never too late to start. Look for products that offer broad-spectrum protection against UVA and UVB rays, such as Olay Essentials Complete Care SPF 30 Day Lotion, £10.29.

Buy better bedding

It sounds extravagant, but **swapping a cotton pillowcase for silk** can help skin no end. Try Silkskin bedding, £44 for a pillowcase. Not only is it hypoallergenic, which is better for sensitive skin, but it can also prevent creases on your face and décolletage.

Use a brush

Applying make-up properly is vital. Use the Estée Lauder Sculpting Foundation Brush, £37, to blend foundation on your face, and use it on your neck and décolletage.

Pop a pill

According to pharmacist Shabir Daya (victoriahealth.com), a carotenoid called astaxanthin has been **proven to smooth wrinkles**. Try Futurebiotics High Potency Astaxanthin, £17.

Fake a good night's sleep

Sarah Chapman suggests using **massage to revive tired skin**. 'Press a cold wet cloth over your face for instant de-puffing, before massaging your skin with Pukka Ayurveda Firming Face Oil, £38.'

Learn how to apply highlighter

Buy a luminous powder, such as Stila All Over Shimmer Powder, £15. Apply in a C-motion over the fullest part of your cheeks, sweeping it up to your browbone.

Keep clean

Dirty brushes harbour germs that cause spots, so **every three weeks use a gentle shampoo** to clean them, then leave to air dry. Or try Clinique Makeup Brush Cleanser, £13.

Photos Getty Images, iStock

THE ONE THING... that gives my skin a boost



Origins GinZing Energy-Boosting Moisturizer. It's really amazing. Laura Turner @LKT2011



Using a gentle scrub daily and a mild fruit acid peel twice a week. Fiona Embleton @Fiona_BeautyEd



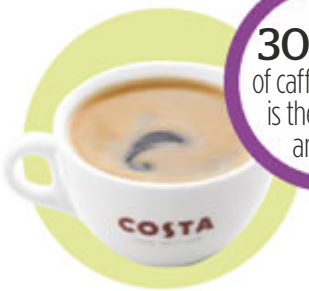
Vitamin C serums and cleansing and moisturising after exercising. Nichole Sweetsur @ValeRecMum


EARN CASH EVERY TIME YOU SHOP
1
SEARCH
Explore offers from over 4,200 retailers
2
SHOP
Click our link and purchase with the retailer
3
GET PAID
We track your purchase and you'll earn a cash reward
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GET PAID ON YOUR SUPERMARKET SHOPPING WITH CLICKSNAP! FULL DETAILS AT QUIDCO.COM
Rewarding SHOPPING EVERY DAY
Quidco

How much caffeine are you *REALLY* having?

Need a daily caffeine hit? Know your numbers to get a healthy dose...

300 mg of caffeine a day is the healthy amount



159mg
Costa Primo (12 fl oz) cappuccino/Americano



32mg
Can of Coca-Cola



50mg
50g bar of dark chocolate



45mg
Mug of green tea



80mg
Can of Red Bull



400mg
Starbucks Venti (20 fl oz) fresh filter coffee



100mg
Mug of instant coffee



130mg
2 Boots Paracetamol Extra tablets



25mg
2 Lemsip Max Cold & Flu capsules



79mg
Costa single espresso



42mg
Can of Diet Coke



75mg
Mug of tea

WHY DOES IT MATTER?

» Nutritional therapist Hayley Pedrick (thenutritioncoach.co.uk) says, 'Having 600mg or more a day can lead to 'caffeinism' – where you need a certain amount to feel 'normal'. If you suffer with anxiety, too much caffeine can make it worse as it increases blood pressure and heart rate. And if you're caffeine sensitive, it can disrupt sleep, so maybe ban coffee after 4pm.

» But, on the plus side, caffeine increases alertness, so a coffee before a meeting is a good shout. And an espresso 15 minutes before exercise can improve your body's ability to use glucose (energy) stores. Limit yourself to 300mg a day to avoid adverse effects.'

BREW SCIENCE

Did you know that the longer you leave your teabag in, the higher the caffeine content...

1 min brew = 19mg*
3 min brew = 28mg
5 min brew = 31mg
*(per 100g)

Words Jessica Powell **Photos** iStock

STOP that headache in its tracks

10 million of us regularly suffer from a pounding head, but you needn't pop a pill to be pain-free – these alternative treatments actually work!

Head pounding? Rooting around in your bag for a paracetamol? Stop and think first. To treat your headache effectively, you need to know which of the different types you are experiencing and, while the majority are harmless, they can be incredibly debilitating and painful. Doctors are still not sure what causes them – there are known to be over 200 types. Some people suffer them when stressed, others when they are tired or have eaten a certain food or are dehydrated. But whether you're looking for a lifestyle change or a quick fix, here's how to deal with the four main types...

TIGHT AND TENSE

WHAT IT IS Also called a stress headache, tension headaches are the most common and may last minutes or days. The pain tends to be on both sides of the head and neck, and is constant, often caused by tight muscles. There should be no other symptoms, such as nausea.

MAKE A CHANGE Dealing with stress can be as simple as sitting up straight. When we slump, we kink the head upwards. This can stretch the neck and pinch nerves, causing headaches, says physiotherapist Sammy Margo. It's better to sit with your feet flat on the floor, hips and knees straight, looking ahead.

'If you still get a headache, sit up and put your hands at the back of your head dropping your chin to your chest,' adds Sammy. 'Press your chin down, hold for a minute, then turn to the right and hold for a further minute. Return to centre. Repeat to the left.'

NATURAL BUY Apply Migrastick, £6.15 (revital.co.uk), which has peppermint and lavender essential oils, to temples, forehead and neck.



THAT'S CLEVER!

For occasional headaches, a cup of coffee can actually make your painkiller work better. Studies show that over-the-counter drugs are up to 40% more effective when caffeine is added.

Photos Getty Images, iStock





MIGRAINE

WHAT IT IS Pretty debilitating, as any regular sufferer will know, with throbbing pain usually located on one side. It gets worse with activity and there may be nausea, vomiting and diarrhoea, as well as sensitivity to noise, light and smells.

MAKE A CHANGE Diet can help. Try upping your intake of nature's relaxants, such as honey, bananas, milk, Marmite, turkey and oats.

Caffeine is a common trigger, so avoid coffee, cola, chocolate and tea. 'You may get a bad head for five days due to caffeine withdrawal. After that you'll have fewer headaches,' says neurologist Dr Nick Silver.

You should also stay hydrated and avoid lie-ins. Changing your sleep pattern affects the hypothalamus, the area in the brain that balances hormones, which can cause a headache.

NATURAL BUY The herb feverfew has been shown to reduce migraine severity. Try MigraHerb, £8.16, which is totally natural and recommended by the charity the Migraine Trust.

DID YOU KNOW?

If you take more than two doses of painkiller a week, you may actually get more headaches. Sounds like you? Keep a diary of when your headaches hit and discuss with your GP.

THROBBING IN ONE SPOT

WHAT IT IS Frequent, short-lived (less than half an hour) and located across the temple or around the eye is known as a cluster headache. This can occur more than once a day and often disrupts sleep. Headaches may recur for several weeks, then subside, returning again months later.

MAKE A CHANGE Yoga, Pilates and acupressure are proven headache busters as they relax tense muscles. To rapidly relax your jaw and face muscles (which hold on to stress) massage your face by using a warm flannel all along your jawline, especially before bed.

NATURAL BUY Try the Chillow, £27.50 (personalcooling.co.uk). It's a cooling pad which, when filled with water, remains cool thanks to a 2cm-deep foam core inside, and helps alleviate throbbing pain.



PERPETUAL PAIN

WHAT IT IS Chronic headaches every day can be pain like any of the others, but occur every day for a minimum of 15 days a month over a period of at least three months.

MAKE A CHANGE Sorting your sleep routine is the place to start. 'We are more like dimmer switches than on-off switches,' says Sammy Margo. 'We need time to glide into sleep.'

So give yourself 45 minutes of wind down time before hitting the pillow. And review your pillow position. 'Too big or small can leave your neck unsupported,' says Sammy. 'Instead, experiment with a second pillow or pillow topper, which cradles your neck.' For more advice, check out thegoodsleepexpert.com and see your GP to ensure it's not something more serious.



NATURAL BUY The herb devil's claw is a natural pain reliever. Try Good N Natural Devil's Claw Capsules, £12.99, Holland & Barrett. Take one capsule two to four times daily, preferably with meals. Or take it as a tea by opening up one of the capsules and adding to a cup of hot water.

GREAT FOR KIDS

Tiger Balm White, £3.95, has been around for almost 1000 years. Rub this blend of camphor, clove, menthol and mint oil on the forehead or temples. Suitable for two year olds and older.

THE ONE THING... I do to shift a headache



Peppermint essential oil on a damp compress on back of neck for a few minutes @raceywonder



At the first sign of a headache I rub Origins Peace of Mind on my temples. Victoria Brodie, Facebook

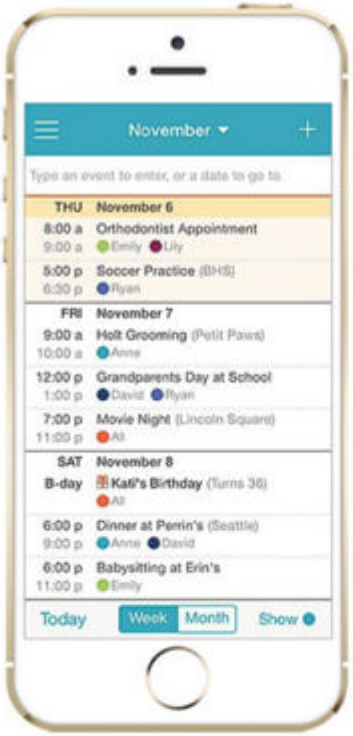


I eat an apple – it has a true painkilling effect. @AnnaMagee



I take a magnesium supplement or go for a swim @CYabsley





Resolve to make family life easier.

A new year means a new opportunity to get organised. In 2015, keep track of your household and your resolutions with **Cozi**, the must-have app for families.

- Stay updated with your family's calendar in one secure place
- Create and share shopping lists, housework and schedules, where and when you need them
- Access and update from any mobile device, tablet, or computer in a closed family environment

AVAILABLE ON IOS AND ANDROID IN ITUNES, GOOGLE PLAY, WINDOWS AND AMAZON APP STORES.

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Appy Award Winner — Best Family/Parenting App

circle of moms — Named #1 iPhone App for Moms by Circle of Moms

Family life. Simplified. COZI

Eat well!

Healthy » Fast » Delicious!

26 good-for-you food ideas



» Easy low-cal dinners



» Yummy gluten-free choc cakes!



» Try our healthier cottage pie

» We help you choose the healthy option, whatever your diet

Low cal	Low fat	Low sugar	Low salt	High protein	Low carb	Low sat fat	Gluten free	2
Mains under 500 Snacks/desserts under 150	Under 14g of fat for main meals	Less than 5g of added sugar per serving	Contains 1.5g of salt or less per serving	At least 20% of cals come from protein	Under 40g of carbs for main meals	Less than 3g of saturated fat per serving	Contains no gluten products	The portions of fruit and/or veg per serving

#InstaSlim

» Easy dinners all under 400 cals!



Low sat fat | Low carb | 1

245 calories
8g fat (2g sat)
Serves **3**
Prep time **5 mins**
Cooking time **12 mins**

Thai beef curry fake-away

YOU WILL NEED

- **6 baby sweetcorn, halved**
- **100g green beans, halved**
- **1tbsp vegetable oil**
- **1 onion, chopped**
- **2 garlic cloves, chopped**
- **2tbsp yellow Thai curry paste**
- **250g sirloin steak, fat trimmed, cut into strips**
- **1 red pepper, deseeded and sliced**
- **8 kaffir lime leaves**
- **1tsp brown sugar**
- **2tbsp black bean sauce**
- **Juice of 1 lime**
- **4tsp Thai fish sauce**
- **12 Thai basil leaves**
- **8 mint leaves, sliced**

WHAT TO DO

1 Plunge the sweetcorn and green beans into a pan of boiling water for 2 mins to soften slightly, then drain.

2 Heat the vegetable oil in a large wok, then add the onion and garlic, and cook for a couple of mins.

3 Add the curry paste and fry for 2 mins, stirring. Push the onion mixture to one side.

4 Increase the heat, add the steak and cook for 2 mins to brown.

5 Add the red pepper, sweetcorn and green beans and mix well. Stir in the lime leaves, sugar, black bean sauce, lime juice, fish sauce and 100ml water or more if you like a runnier sauce. Bring to a simmer for a couple of mins.

6 Season with black pepper, then sprinkle on the basil and mint.

Recipes Felicity Barnum-Bobb **Photos** Timeincukcontent.com

Dieter's dinner party stylish seabass



YOU WILL NEED

- 4 x 120g sea bass fillets
- Frylight extra virgin olive oil spray
- 10 cherry tomatoes, halved
- 2 garlic cloves, chopped
- 400g can butter beans, drained
- 250g baby spinach leaves
- 4 lemon wedges

High protein | Low sat fat | 2

195 calories
5g fat (1g sat)
Serves **4**
Prep time **5 mins**
Cooking time **10 mins**

WHAT TO DO

1 Lightly season the sea bass with salt and freshly ground black pepper. Squirt a non-stick pan with olive oil spray and pan-fry the fish, skin side down, for 3 mins or until skin is crisp and lightly golden.

2 Turn the fish over and cook for 2 mins more until it's just cooked through. Add the cherry tomatoes, garlic and butter beans, and cook for a couple of mins, to warm through.

3 Add the spinach and cook until just wilted. Serve garnished with lemon wedges.

'I can't believe it's veggie' bolognese

YOU WILL NEED

- 1tbsp olive oil
- 1 red onion, chopped
- 1 large garlic clove, crushed
- 3 carrots, chopped
- 1 red pepper, deseeded and chopped
- 75g mushrooms, sliced
- 500g creamed tomatoes
- 75g broccoli, chopped
- 1tbsp Worcestershire sauce
- Pinch of sugar
- 2tbsp basil leaves
- 250g spaghetti

Low sat fat | Low salt | 3

326 calories
5g fat (0.8g sat)
Serves **4**
Prep time **20 mins**
Cooking time **25 mins**



WHAT TO DO

1 Heat the oil in a large pan, add the onion and cook for a few mins. Add the garlic, carrots and pepper, and cook for 5 mins.

2 Stir in the mushrooms, tomatoes, broccoli, Worcester sauce, sugar, most of the basil and 200ml water. Simmer for 10 mins. Meanwhile, cook spaghetti according to instructions.

3 Blitz half the veg mixture in a processor. Return to the pan, stir together and serve with spaghetti. Garnish with remaining basil leaves.

Cheats' Mediterranean veg stew



YOU WILL NEED

- 200g prepared sliced red onions
- 500g prepared chunkily cut Mediterranean vegetables (courgettes, peppers, red onions)
- 350g cherry tomato and basil sauce (we like Sacla)
- 400g can butter beans
- Handful of fresh basil leaves

WHAT TO DO

1 Put the red onions into a non-stick pan with 1tbsp water or olive oil, if you prefer. Cook gently for 5 mins to soften.

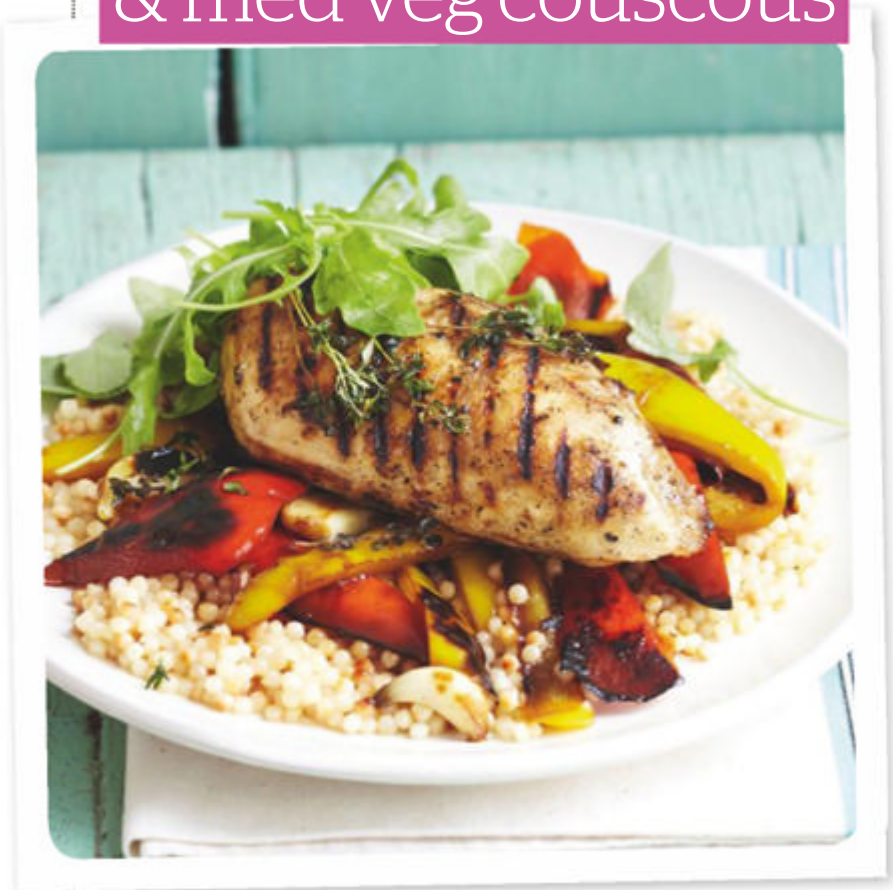
2 Add the fresh or frozen Mediterranean vegetables and fry for 10 mins to soften.

3 Pour in the tomato and basil sauce and butter beans, and warm through for 5 mins. Sprinkle with fresh basil leaves and serve with crusty bread.

Low sat fat | Low carb | 3

194 calories
5g fat (0.5g sat)
Serves **4**
Prep time **2 mins**
Cooking time **20 mins**

Oh-so-healthy chicken & med veg couscous



YOU WILL NEED

- Juice of 1 lemon
- 4 x 170g skinless chicken fillets
- 1tsp Nando's peri-peri salt
- 2tbsp olive oil
- 4 garlic cloves, crushed
- 2 red and yellow peppers, deseeded and cut into wedges
- Several sprigs of thyme
- 125g giant couscous
- 350ml hot vegetable stock
- Handful of rocket

WHAT TO DO

1 Heat oven to 220C, gas 7. Heat a griddle pan. Pour the juice of ½ lemon over the chicken and season generously with black pepper, then sprinkle over the peri-peri salt. Brush over 1tbsp olive oil and half the garlic. Griddle for 5 mins, turning as needed, to brown.

2 Meanwhile, put the peppers and remaining garlic into a roasting tin, drizzle over the remaining oil. Top with the chicken, sprinkle over the thyme and roast for 20 mins until the peppers are charred and the chicken is cooked.

3 Put the couscous in a pan with the stock, cover, bring to the boil and simmer for 7 mins.

4 Plate up the couscous, squeeze over the remaining lemon juice, top with peppers and chicken. Serve with rocket.

Low cal | Low carb | 1

349 calories
8.5g fat (1.5g sat)
Serves **4**
Prep time **10 mins**
Cooking time **25 mins**

Healthy aromatic fish dinner in a dash



High protein | Low sat fat | 1

183 calories
3g fat (0.5g sat)
Serves **4**
Prep time **10 mins**
Cooking time **25 mins**

YOU WILL NEED

- **4 x 150g chunky white fish fillets, eg cod or haddock**
- **2 garlic cloves, sliced**
- **2 pieces stem ginger, chopped, plus 2tbsp ginger syrup from the jar**
- **8 Peppadew peppers from a jar, drained and sliced**
- **2tbsp tamari sauce**
- **Frylight extra virgin olive oil spray**
- **250g bag sliced curly kale**
- **Juice of ½ lemon**

WHAT TO DO

1 Heat the oven to 200C, gas 6. Put the fish into an ovenproof dish and scatter with garlic slices, chopped ginger and sliced peppers.

2 Mix together the ginger syrup and tamari sauce, pour over the fish and season generously with ground black pepper.

3 Bake for 15-20 mins until the fish is cooked and flakes easily.

4 Heat a large non-stick wok or frying pan with a few squirts of olive oil spray. Stir-fry the kale for 5 mins with 4tbsp water until just tender. Squeeze over the lemon juice and serve the fish and juices with the kale.

Perky jerk turkey quarter pounders

YOU WILL NEED

- **500g turkey mince**
- **1 garlic clove, crushed**
- **6 spring onions, finely chopped**
- **1tsp jerk seasoning**
- **1tsp Encona Brazilian style BBQ sauce (or a few drops of hot pepper sauce)**
- **1tbsp olive oil**
- **4 poppy seed rolls, halved and toasted**
- **Mayonnaise, lettuce, avocado, red onion and sweetcorn relish, to serve**

WHAT TO DO

1 Mix together the turkey mince, garlic, spring onions, jerk seasoning and Brazilian or hot pepper sauce, and season with salt and freshly ground black pepper. Shape into 4 burgers, pressing the mixture firmly together with your hands.

2 Heat a griddle pan until hot. Add the oil and cook the burgers for 5-7 mins each side, until cooked through.

3 Serve on toasted poppy seed buns with mayonnaise, lettuce, avocado, red onion and sweetcorn relish.



Low cal | High protein | Low sat fat

345 calories
8g fat (1.5g sat)
Serves **4**
Prep time **15 mins**
Cooking time **15 mins**

BEETROOT
It's the next big thing!

» Experts say it's the superfood of the moment, but why is this red root veg such hot property?

What's so good about it?

» Reduces blood pressure
» Powerful antioxidant
» Source of folic acid
» Lowers cholesterol
» Stabilises blood sugar
» Treats anaemia and fatigue

This power-packed bulb is great for boosting stamina and making muscles work harder. Full of potassium, magnesium and iron, as well as vitamins A, B6 and C, beetroot contains carbohydrates, protein and soluble fibre. The leaves are rich in beta-carotene, calcium and iron.

Easy beetroot ideas

» Different dip (pictured below) Blitz together 4 ready-cooked beetroot with 3tbsp crème fraîche and 1tbsp horseradish.

» Try it raw Put on clean rubber gloves, grate and stir in some natural yogurt and a hint of horseradish for a healthy alternative to coleslaw.

» Natural roasted The easiest way to cook them is to roast whole unpeeled beetroot, tossed in olive oil at 200C, gas 6 for 1 hr. Cool and slip off skins.

» In a juice Whizz together 1 pack of vacuum-packed natural cooked beetroot with 2 apples and 1 peeled Florida grapefruit.

» Smoked salmon on rye Stir grated cooked beetroot into crème fraîche to serve with smoked salmon on rye bread.

» Beetroot brownies Add 2 grated cooked beetroot to give a healthy twist to chocolate brownies.

» Use the leaves too! Just plunge for a minute into boiling water, then drizzle with some olive oil and black pepper.



This quick dip is big on flavour, low on calories

Compiled by Felicity Barnum-Bobb **Photos** Timeincukcontent.com

Get cooking!



Superfood salad



Gluten free | High protein | 2

478 calories
28g fat (5g sat)
Serves **3**
Prep time **10 mins**
Cooking time
15 mins

YOU WILL NEED

- **125g quinoa**
- **100g Tenderstem broccoli**
- **50g peas**
- **2tbsp parsley**
- **2 smoked mackerel fillets, flaked**
- **50g spinach**
- **50g cucumber, thinly sliced**
- **½ red onion, thinly sliced**
- **2 cooked beetroot, sliced into wedges**
- **2tbsp Omega Sprinkle seeds**
- **Balsamic vinegar**

WHAT TO DO

1 Cook the quinoa according to the pack instructions (approximately 15-20 mins). Then drain and season.

2 Meanwhile, bring a medium pan of water to the boil and add the broccoli and peas. Return to the boil, then cook for 3 mins before draining.

3 In a large bowl, gently combine the quinoa, parsley, broccoli, peas, mackerel, spinach, cucumber and red onion.

4 Gently stir in the beetroot, scatter with the seeds and drizzle with balsamic vinegar to serve.

Oh-so-healthy beetroot soup

Low cal | Low sat fat | 2

125 calories
3.5g fat (0.5g sat)
Serves **4**
Prep time **15 mins**
Cooking time
1 hr 45 mins

YOU WILL NEED

- **700g raw beetroot**
- **1tbsp olive oil**
- **1 onion, chopped**
- **1 leek, washed and sliced**
- **1 carrot, chopped**
- **1 garlic clove, crushed**
- **1tsp fennel seeds**
- **1 litre vegetable stock**
- **4tsp natural yogurt**
- **4tsp chives, chopped**

WHAT TO DO

1 Heat oven to 200C, gas 6. Trim the beetroot, wrap them in foil and roast for 1 hr 15 mins.

2 Meanwhile, heat the oil in a large pan. Add the onion, leek and carrot, and gently cook for 15 mins, until the vegetables are softened.

3 Add the garlic, fennel seeds, beetroot and vegetable stock. Season, bring to the boil and simmer for 25 mins.

4 Blitz in a blender with roasted beetroot until smooth. Serve in bowls, topped with natural yogurt and snipped chives.



#fitandwellfood

Use this hashtag to share your beetroot creations with us on Instagram @fitandwellmagazine

Sweet treats without the gluten!

» You can have your cake and eat it with these gorgeous gluten-free bakes



Low salt | Gluten free

413 calories
18g fat (10g sat)
Serves **12**
Prep time **20 mins**
Cooking time **30 mins**

'Bet you can't believe it' chocolate potato cake

YOU WILL NEED

- 150g potato (peeled weight), cut into chunks
- 175g butter, softened
- 175g caster sugar
- 3 medium eggs
- 60g dark chocolate, melted
- 175g gluten-free self-raising flour
- 40g cocoa powder
- 3tbsp milk

For the frosting:

- 300g golden icing sugar
- 2tsp cocoa powder
- 1tbsp light and mild olive oil
- 3tbsp boiling water
- 25g dark chocolate, grated
- 6 gluten-free rose decorations

WHAT TO DO

1 Cook the potato in boiling water until tender, drain. Return to the pan to dry over the heat, then mash. Cool.

2 Heat the oven to 180C, gas 4. Grease 2x20cm cake tins.

3 Cream the butter and sugar until light and fluffy. Gradually beat in the eggs, then add the potato and melted chocolate. Sift the flour and cocoa, and fold in. Gently stir in the milk.

4 Divide the mixture between the tins. Bake for 30 mins. Turn out and cool on a rack.

5 Sieve the icing sugar and cocoa into a bowl, pour in the oil and water. Stir until smooth.

6 Spread half of the icing onto one sponge, then sandwich together with the other. Spread the rest of the icing over the top.

7 To decorate, sprinkle on the grated chocolate and top with the roses.

Recipes Felicity Barnum-Bobb and Sue McMahon **Photos** Timeincukcontent.com

'Choc-o-block' no gluten brownies

YOU WILL NEED

- 200g bar dark chocolate
- 250g butter
- 4 eggs
- Few drops vanilla extract
- 300g caster sugar
- 125g gluten-free plain flour, eg Doves Farm
- Icing sugar, for dusting

WHAT TO DO

1 Heat the oven to 190°C, gas 5. Grease and line a 28x18cm cake tin.

2 Melt the chocolate and butter, either in a bowl in a microwave or in a bowl over a pan of simmering water.

3 Lightly beat in the eggs and vanilla extract. Add the sugar and flour to the bowl, and stir to combine all of the ingredients. Spoon the mixture into the lined cake tin and level the surface.

4 Bake the brownie mixture in the centre of the oven for 40-45 mins, until just set to the touch in the centre. Remove from the oven and leave to cool in the tin. Dust with icing sugar. Cut into 15 large or 24 smaller squares to serve.

Low salt | Gluten free

202 calories
12g fat (7g sat)
Serves **15**
Prep time **10 mins**
Cooking time **45 mins**



Show us yours!

Our Twitter shout out for the best healthy bakes resulted in these gorgeous treats!



» @sandieaellis triple choc and nut cake with avocado, cacao and ginger



» @fitmumformula choc coconut gluten-free cupcakes



» @designed2Eat Paleo vanilla sponge with sugar-free jam and coconut cream



» @fitandwellmag writer Natalia's gluten-free cupcakes

#fitandwellfood

Want to appear here? Use this hashtag to share your healthy bakes on Instagram @fitandwellmagazine

7 smart & speedy stir-fries

» Grab the wok and give your dinner a health boost with these fast ideas...



Fiery mince & noodles

» **Brilliant for** broccoli's antioxidant properties

» Heat **2tbsp olive oil** in a wok or frying pan and fry **1 sliced red onion**, **2 chopped garlic cloves** and **2 deseeded and finely sliced bird's eye chillies** until softened.

» Add **400g lean beef mince**. Cook for 10 mins to brown.

» Put **200g rice vermicelli noodles** in a bowl, pour over boiling water and cover tightly with clingfilm for 5-8 mins, until softened.

» Drizzle **1tsp sesame oil** over **100g halved Tenderstem broccoli**. Add to the mince with **2tbsp fish sauce**, **1tbsp light gluten-free soy sauce** and **1tsp sugar**.

» Cook for 3 mins. Drain the noodles, divide between plates and top with the mince. Finish by scattering over a **small handful of coriander leaves** and a **small handful of peanuts**.

High protein | Gluten free

480 calories
21g fat (7g sat)
Serves **4**
Prep time **10 mins**
Cooking time **20 mins**



Asian spicy prawns

» **Brilliant for** a low-fat protein hit

Low cal | High protein | Low sat fat

390 calories
10g fat (1g sat)
Serves **4**
Prep time **5 mins**
Cooking time **10 mins**

» Mix **8tbsp gluten-free teriyaki sauce** with the **zest and juice of 2 limes** and **1-3tsp wasabi powder or paste**.
» Stir in **400g frozen raw prawns** and leave for 5 mins to marinate. Heat a wok over a high heat, add **1tbsp groundnut oil** and **400g pack stir-fry veg** and cook for 3-4 mins. Meanwhile, microwave **500g pack ready-cooked jasmine rice**, according to instructions.
» Tip the vegetables into a hot bowl. Add **2tbsp groundnut oil** to the hot wok, add the prawns and cook for 3 mins until pink. Add **4tbsp gluten-free soy sauce**, then return the vegetables to the pan. Serve rice topped with the prawn mixture.

Sticky soy salmon

» **Brilliant for** energising your brain



High protein | Gluten free | 1

537 calories
22g fat (4g sat)
Serves **4**
Prep time **10 mins**
Cooking time **12 mins**

» Mix **2tbsp gluten-free soy sauce** with **3tbsp lime juice** and **2tbsp runny honey**. Pour over **4 salmon fillets**.
» Heat a non-stick pan and fry the salmon for 5 mins. Heat **2tsp sesame oil** and add **1 crushed garlic clove**, **100g sliced shiitake mushrooms** and **200g sugar snap peas**.
» Separate the leaves from **2 baby pak choi** and add to the pan. Stir-fry for a few mins. Microwave **2 x 250g packs ready-to-serve basmati rice**, according to pack instructions. Stir rice into the veg, spoon onto plates, top with the salmon.
» Sprinkle over **1tbsp sesame seeds**.



Teriyaki chicken

» **Brilliant for** healthier skin

Low cal | High protein | Low sat fat

385 calories
4g fat (0.4g sat)
Serves **4**
Prep time **5 mins**
Cooking time **20 mins**

» Plunge **200g rice noodles** into a bowlful of boiling water. Leave for 15 mins to soften.
» Fry **425g mini chicken fillets** and **2 crushed garlic cloves** in a non-stick pan with **1tbsp water** and **6tbsp gluten-free teriyaki sauce** for 10 mins. Season and stir occasionally, until chicken is cooked through.
» Meanwhile, fry **250g oriental stir-fry vegetables** in **1tbsp water** in a wok for 5 mins. Drain the noodles and stir into the chicken mixture.

Recipes Felicity Barnum-Bobb **Photos** Timeincukcontent.com



Superfast steak

Brilliant for boosting your immune system

» Heat **1tbsp sunflower oil** in a wok. Add **350g sliced lean rump steak** and cook over a high heat for 2-3 mins, until browned. Transfer to a plate.

» Add **1tbsp oil** and **2 sliced red onions** to the wok and cook for 5 mins.

Add **320g Tenderstem broccoli florets** and **1 sliced and deseeded chilli** and cook for 4 mins.

» Meanwhile, mix **30g grated root ginger**, **2tbsp runny honey**, **3tbsp Japanese rice vinegar** and **3tbsp soy sauce**. Add to the pan and cook over a high heat for 2 mins.

» Add the beef and **200g fresh egg noodles** and stir-fry for 3-4 mins until piping hot.

High protein 1

328 calories
11.5g fat (2.5g sat)
Serves **4**
Prep time **10 mins**
Cooking time **15 mins**

Thai chicken curry

» **Brilliant for** helping to fight infection

» Heat **1tbsp groundnut oil** in a large pan and fry **6 boneless, skinless chicken thighs** and **2 chicken breasts**, cut into chunks, for 8 mins.

» Add **2tbsp Thai green curry paste** and cook for 2 mins. Pour in **400ml can reduced-fat coconut milk** and simmer for 10 mins. Add **150ml water** with **200g asparagus or green beans**, **1 sliced carrot**, **200g mangetout**, **150g beansprouts** and **300g bamboo shoots**. Simmer for a few mins. Stir in **1tbsp Thai fish sauce**, **1tbsp coriander leaves** and the **juice of 1 lime** to serve.

Low cal Low carb 1

354 calories
13g fat (7.5g sat)
Serves **4**
Prep time **5 mins**
Cooking time **25 mins**





Oriental yellow bean Quorn stir-fry

» **Brilliant for** bags of vitamin C

» Heat **1tbsp groundnut oil** in a wok. Add **2 crushed garlic cloves**, **1cm grated ginger** and cook for 1 min.

» Add **400g Quorn pieces** and **4tbsp yellow bean sauce**. Cook for 2 mins to warm through.

» Add **1 deseeded and sliced red pepper**, **1 bunch trimmed and halved spring onions**, **250g mangetout** and **200g beansprouts** and cook for 2 more mins.

Low cal Low carb

191 calories
7g fat (1g sat)
Serves **4**
Prep time **10 mins**
Cooking time **10 mins**

Meal makeover
COTTAGE PIE



High protein 2

405 calories
15g fat (5g sat)
Serves **4**
Prep time **15 mins**
Cooking time
1 hr 15 mins

» THE ORIGINAL VERSION

Traditional cottage pie made with full-fat mince – high in saturated fat – and creamy mash comes in at 601 calories and 39g fat!

WHAT WE DID

Ditched the full-fat mince and used lean steak mince, plus lentils – a good source of cholesterol-lowering fibre. Using skimmed milk and olive oil reduces fat in the mash.

THE DIFFERENCE

	ORIGINAL VERSION	HEALTHIER VERSION
Calories	601	405
Protein	31g	26g
Carbs	32g	41g
Fat	39g	15g
Saturates	19g	5g
Fibre	6g	12g
Sugar	10g	13g
Salt	1.5g	1.6g

» OUR HEALTHY VERSION

YOU WILL NEED

- **100g red split lentils**
- **250g lean steak mince**
- **1 onion, chopped**
- **2 garlic cloves, crushed**
- **2 large carrots, chopped**
- **1 leek, sliced**
- **3tbsp Worcestershire sauce**
- **1 beef stock pot**
- **2tbsp intense sundried tomato paste**
- **125g mushrooms, sliced**

For the topping:

- **300g potatoes, quartered**
- **300g parsnips, halved**
- **3tbsp skimmed milk**
- **2tbsp olive oil**

WHAT TO DO

1 Put the lentils into a pan and cover with boiling salted water. Simmer for 20 mins.

2 Meanwhile, dry-fry mince and onion for 15 mins. Add garlic, carrots, leeks and Worcestershire sauce.

3 Add 250ml boiling water to the stock pot, add to the mince with the tomato paste and mushrooms. Simmer for 30 mins.

4 Boil the potatoes for 10 mins, add parsnips and cook for 10 more mins. Heat oven to 220C, gas 7.

5 Drain potatoes and parsnips when tender, return to pan. Season, add milk and olive oil, and mash together until smooth.

6 Drain the lentils and add to the mince. Spoon into a large ovenproof dish and top with the mash. Bake for 25 mins until golden.

Recipe Felicity Barnum-Bobb Photo Timeinc.ukcontent.com

Biscuits? Have one!

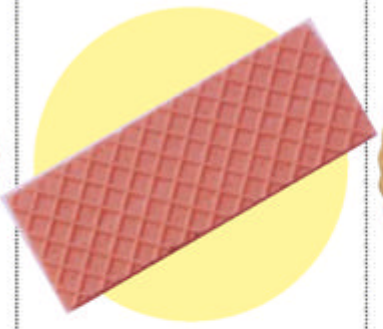
» Craving something sweet and cookie shaped? Choose one of these treats for under 100 calories...



71 calories
McVitie's Digestive



51 calories
Maryland Chocolate Chip Cookie



38 calories
Crawford's Pink Wafer



83 calories
Jammie Dodger



68 calories
Tesco Bourbon Cream



37 calories
McVitie's Fruit Shortcake



92 calories
McVitie's Chocolate Hobnob



63 calories
Asda Custard Cream



28 calories
Fox's Party Ring



52 calories
Oreo



95 calories
Paterson's Shortbread



47 calories
McVitie's Ginger Nut



71 calories
Bahlsen Leibniz Milk Chocolate

Words Natalia Lubomirski **Photos** iStock **Source** nutracheck.co.uk

feelbetter FOOD



3 NEW FOOD TRENDS WORTH TRYING

Here are three of the latest superfood trends we think are worth a go...

1 VEGAN SUSHI With Beyoncé extolling its slimming virtues, going vegan is having a moment. This veggie sushi comes in at under 200 calories and is a delicious light lunch. Taiko Sushi, £2.60, Waitrose.



2 FERMENTED FOOD Big in Korean cuisine, fermented vegetables restore good bacteria to your tum, which in turn ups your energy – you can buy sauerkraut, kimchi and miso soup from most supermarkets. Itsu Miso soup, £2.



3 SPIRALISING YOUR VEGETABLES Here's a brilliant gluten-free, zero pasta, healthy dinner option – make your own noodles using courgettes, carrots and beetroot (Gefu spiral cutter, £15.49, Amazon).



FANCY A CURRY?

Try the Chicken Tikka Masala from the new look Marks & Spencer Balanced For You range. It comes with rice and potato, but is low-cal and high in protein with balanced carbs to fight hunger.



M&S Balanced For You Chicken Tikka Masala **384** cals

#food maths



Tesco Classic Scotch pancakes (only 95 calories!)



Sweet Freedom Syrup Dark, £2.99 (low-GL fruit sugar hit)



4tbsp fresh blueberries (one of your 5-a-day)



Pancake day made healthy!

Slim sweets



There are just 2 cals in every Slim Fruits sweetie. They suppress hunger by combining with the water in your stomach and swelling, to satisfy a sweet craving and stop you reaching for the biscuit tin. Clever! Peach Melba or Rhubarb & Strawberry flavours, £8.34, Amazon.

Fast health fix

Squeeze a lemon over your spinach, or other green veg, as it's packed with vitamin C, which helps your body to absorb the iron in your greens.

#fitandwellwisdom

For more wise words follow us on Twitter and use this hashtag to share your inspirations @fitandwellmag

#FITANDWELLWISDOM 'One cannot think well, love well, sleep well, if one has not dined well' Virginia Woolf

Photos Getty Images, iStock

Walk YOUR WAY TO A better body

Try our Steps Challenge and in just a few minutes' exercise a day, a toned bod could be yours by next month!



Your trainer Joanna Hall

Your trainer is Joanna Hall (joannahall.com), creator of the Walkactive technique, the scientifically verified effective walking system for everyone. It's been proven to anti-age your posture, whittle your waistline and tone your body, all through walking. Let's get started.

30 day challenge

How to walk right!

Use Joanna's Walkactive quick technique to make sure you're using the right muscles, reduce joint stress, and trim, tone and improve your overall body shape

NECK
THINK ABOUT THE DISTANCE BETWEEN EAR LOBES AND SHOULDERS – HOLDING YOUR HEAD UP IMPROVES THE MOBILITY OF YOUR UPPER BACK AND STOPS HUNCHED SHOULDERS

ARMS
THINK FLOWING PENDULUM ARMS – NO POWER WALKING TENSE ARMS

HIPS
LIFT YOUR ABDOMINALS IN AND UP TO FLATTEN YOUR TUMMY AND KEEP YOUR BOTTOM PERT

FEET
TRY TO HAVE A SOFT, PLIABLE ROLL THROUGH THE WHOLE FOOT, FROM HEEL PAD TO TOES. GETTING THIS RIGHT WILL LIFT YOUR BOTTOM AND STREAMLINE YOUR THIGHS

HOW THE PLAN WORKS

This month's challenge is all about fitting extra activity into your busy day, and it's super simple!

1. The challenge has three levels. Choose yours using the test below and then follow the daily and weekly targets on the grid over the page. If you find that your level is too easy, switch to a more advanced one – the key thing is the consistency of your efforts.
2. Do the daily walks in increments and the weekly walks when you can fit them in (we've suggested the weekend – see over the page).
3. Make sure you apply the scientifically proven Walkactive technique tips to really make this plan effective for your body.

TOP TRACKERS

To take this challenge, you'll need to be able to count the number of steps you do each day. There are numerous ways to do this...



» With an activity **tracker band** such as Fitbit, Fitbug, Jawbone or similar, synced with a mobile phone app.
» With a **pedometer** such as Joanna Hall's Step Pedometer, £20.
» With a **phone app** such as the Runtastic Pedometer, free on Android and iOS. The iPhone 6 and Samsung Galaxy Note even have built-in pedometers.

Take the test

The amount of physical movement you do each day, without long periods of sitting, has the greatest impact on your health and fitness. You can track this by counting steps (see above). Before you start the challenge, use a pedometer to record the number of steps you take for three consecutive days, then divide the total by three.

» If your **daily average is less than 5,000**, opt for the Novice Level
» If your **daily average is between 5,000 and 7,500**, go for the Intermediate Level
» If your **daily average is 7,500 +**, choose the Whizz Level

»Get some walking buddies

Want to make sure you stick to the challenge? Then why not get some of your friends and colleagues to take it with you? Keep a record of who hits their target each day and you could even compete to see who walks the most steps over the whole 30 days.

Take the challenge!

Join the Steps Challenge group and share your progress at Facebook.com/fitandwellmagazine

30 day challenge

» HERE'S YOUR CHALLENGE CHART, GET TICKING!



TIP
Miss your target one day? Don't worry – add up the total steps for days 1-7, 8-14 or 15-22, or 23-30 and make sure you've achieved the total by the end of that section

1 ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps	**2** ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps	**3** ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps	**4** ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps	**5** ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps	**6** ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps	**7** ☐ **Novice** 5,000 steps **Intermediate** 7,000 steps **Whizz** 7,500 steps
8 ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps	**9** ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps	**10** ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps	**11** ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps	**12** ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps	**13** ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps	**14** ☐ **Novice** 5,550 steps **Intermediate** 7,500 steps **Whizz** 8,000 steps
15 ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**16** ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**17** ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**18** ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**19** ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**20** ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**21** ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps
22 ☐ **Novice** 6,000 steps **Intermediate** 8,000 steps **Whizz** 9,000 steps	**23** ☐ Days 23-30 targets **Novice** 51,500 steps **Intermediate** 68,000 steps **Whizz** 80,000 steps	**24** ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps	**25** ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps			
26 ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps	**27** ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps	**28** ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps	**29** ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps	**30** ☐ **Novice** 6,500 steps **Intermediate** 8,500 steps **Whizz** 10,000 steps		

» Now add in your weekend walks

Twice a week, do two brisk walks. Each should take 10-15 minutes, building up to 20-25 minutes.

DAYS 1-7
Novice 1,200-1,500 steps
Intermediate 1,500 steps
Whizz 1,700 steps

DAYS 8-14
Novice 1,500-1,800 steps
Intermediate 1,700 steps
Whizz 1,800 steps

DAYS 15-22
Novice 1,800 steps
Intermediate 2,000 steps
Whizz 2,500 steps

DAYS 23-30
Novice 2,000 steps
Intermediate 2,500 steps
Whizz 3,000 steps

Photos Getty Images, iStock



OfficialAmandaHolden @Amanda_Holden
Perfect summer food today @SimplyRedHQ thankyou!!!!



Davina McCall @ThisisDavina
Breakfast! Yummy!!



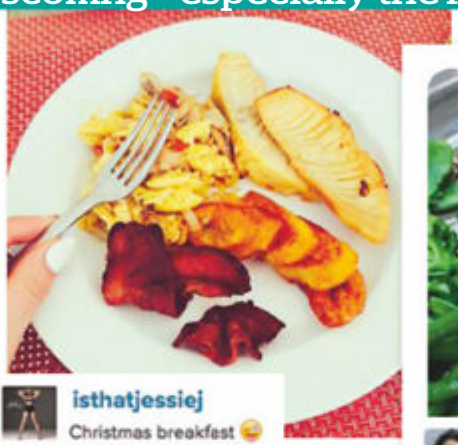
drewbarrymore
Desert ! #iheartchinesefood

TWEET what you eat!



Holly Willoughby @hollywills
January diet...

Being nosy, we love seeing what celebs are really scoffing – especially the more indulgent options!



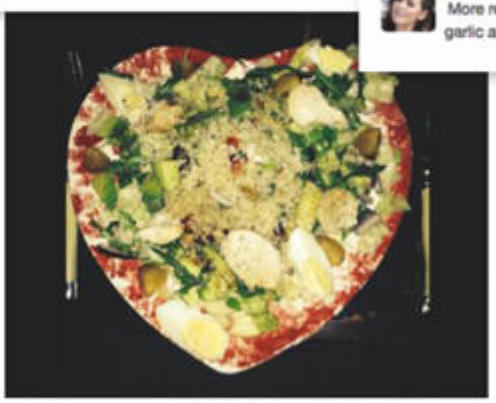
isthatjessiej
Christmas breakfast



Nigella Lawson @Nigella_Lawson
More recipe testing: chicken thighs in a white wine, garlic and shallot sauce pic.twitter.com/OOVOCBXjom



heidiklum
Yumm.... quick dinner before the show. #nbcagt



Charlie Brooks @CharlieBrooks0
@benhollington81 now that is a salad made with love. pic.twitter.com/xuwnwOaqUc



jessicaalba
Best salad I've ever had in my entire life #icegrass #shanghai #china

#fitandwellfood

Follow us on Twitter @fitandwellmag or use the hashtag to tweet your favourite treats

Photos Instagram, Twitter

Can I SWING myself into shape?

Kate Hockenhull, 37, wanted a figure fixer that side-stepped the monotony of the gym. So she tried the A-list workout of the moment...

When a friend told me that swinging could help me get fit, I was a bit concerned that car keys were going to be involved. Imagine my relief when I found out they were simply talking about circus skills! I have a sedentary job as a picture editor and sit in front of a computer screen all day. I go to the gym and walk a lot, but I wanted a workout that would not only challenge me by having to learn new skills, but also be exhilarating and clowning around fun (excuse the pun) while I did it. So, I signed up for a taster session at the National Centre for Circus Arts, where I was assured that a great all-over workout could be had while swinging across the room on a trapeze!

Head for heights

Swinging trapeze refers to the forward-backward motion that you build up from a static position – using the momentum to execute dynamic moves like catching the bar in your hands or hanging by the ankle. It works the entire body as it's like weight training

'Being suspended above the ground on a trapeze was exhilarating!'



Kate's top of the class when it comes to circus skills



A head for heights and good balance is helpful, but not essential!



It was a real adrenaline rush as I swung like a pendulum

TIP

'You need to be quite strong and flexible to swing effectively. And if you have good balance too, it's a real plus.'

Pulling myself up to standing, I had to resist the urge to shout 'ta da!'

– lifting your body weight with each move – so it does require strength, good balance and flexibility.

Learning the ropes

The class is two hours long, so I start with the static trapeze. I have a healthy respect for heights, but with an eagerness to learn new skills I decided to follow my favourite motto, 'feel the fear and do it anyway'. But believe me, it took one hell of an effort to get started!

Standing on a crash mat, I had to pull myself up, swing my legs and bottom over my head and then place them over the bar. To my amazement, I did it first time – just. Clinging onto the bar with my big toes, I managed to wiggle the rest of the little piggies to join them. I then pushed myself up and got my legs over the bar. Once there, the rest of me followed until I was sitting upright and resisting the urge to shout 'ta da'.

It was time to move on to the next step – standing. Upper body strength is needed for this one. Pushing the bar away with my feet and sliding my hands up the rope, I found myself vertical and beaming like a Cheshire cat.

Becoming a swinger

Standing high up on the trapeze platform, 15 feet above ground, bar in hand, I was ready for my first swinging trapeze. I hadn't really expected to be thrown in the deep end quite so fast.

With a phenomenal leap of faith, I stepped off the platform and swung towards the ground. Straight away, I felt gravity pulling on my hands, willing me to let go, but I began to swing like a pendulum towards the ceiling.

The adrenaline rush was huge and I could feel the muscles working in my bum, arms and shoulders, plus my torso – this really is an all-over workout! After a few attempts, I'd got used to that and it was time for a more advanced swing where I had to get my legs over my head, then over the bar and let go with my hands. Despite three attempts and coming frustratingly close, I didn't quite manage it and by this time my hands were beginning to throb from all the friction. But I didn't feel too dispirited, as I'd accomplished so much in just one session.

Would I do it again?

The next day, my body told me that I had used many more muscles than I had realised and ached from top to toe. For toning alone, you'd be hard pushed to find something quite so effective and I'm definitely a convert. And, while I didn't want to run away and join the circus, for a few fantastic moments I felt like the Queen of the swingers!

CIRCUS SKILLS *THE BENEFITS*

» **It's the go-to workout** to boost muscle strength as you are lifting your entire body weight.
» **It's brilliant for co-ordination** and concentration.
» **There are surprisingly few injuries** as the warm-up is thorough and there are plentiful crash mats.
» **How many classes do you need?** Six beginner lessons to master the basics. It's ideal to do other conditioning work to make your core stronger.
» **Particularly good for** legs and bum as you are constantly swinging and lunging forward.
» **Arms get a workout** as it's all about upper body strength and definition.
» **Who is doing it?** Sadie Frost, Gisele Bundchen, Joely Richardson, Nicola McLean.
» **Where can you do it?** Kate went to the National Centre for Circus Arts, where a half-day taster session costs £69. They also run longer courses or you can book one-off Circus fitness classes at nationalcircus.org.uk. There are also a variety of circus arts centres across the UK offering a variety of classes for all ages.

Photos Anne-Marie Bickerton

SWAP THIS *for that...* Desserts

Think you can't indulge in a sweet treat when you're eating out? Think again. We've scoured restaurant dessert menus for healthier options

THE REAL GREEK

SWAP THIS
Greek filo custard pie
958 cal



FOR THAT
Caramel & pecan cheesecake
315 cal



Save 643 cal

ASK

SWAP THIS
Chocolate amore
622 cal



FOR THAT
Cioccolato cake
200 cal



Save 422 cal

YO! SUSHI

SWAP THIS
Chocolate dorayaki
245 cal



FOR THAT
Custard dorayaki
138 cal



Save 107 cal

WETHERSPOONS

SWAP THIS
Waffle with ice-cream & maple syrup
763 cal



FOR THAT
Salted caramel cheesecake
347 cal



Save 416 cal

PIZZA EXPRESS

SWAP THIS
Baked vanilla cheesecake
436 cal



FOR THAT
Primo gelato banoffee
243 cal



Save 193 cal

ED'S EASY DINER

SWAP THIS
Chocolate waffles
1198 cal



FOR THAT
Pancakes & chocolate sauce
576 cal



Save 622 cal

HARVESTER

SWAP THIS
Chocolate Supreme
929 cal



FOR THAT
Sundae Best with Belgian chocolate
289 cal



Save 640 cal

Compiled by Laura Potter

The speediest HEALTH BOOSTS EVER!

Constantly racing against the clock? No time to exercise? Here's how to boost your health in less than 10 minutes flat!





GOT 10 SECONDS?

SPRINKLE... cinnamon on your porridge
or cereal for breakfast. It stabilises blood sugar and also keeps hunger pangs at bay. Studies prove that half a teaspoon a day leads to a significant reduction in blood glucose levels.

CHANGE... the font on your PC to 12-point
Anything smaller increases the risk of eye strain, says the EyeCare Trust (eyecaretrust.org.uk).

GOT 15 SECONDS?

USE... antibacterial wipes to clean your mobile phone
One in six phones tested positive for E. coli, while a quarter were contaminated with staphylococcus aureus. We love Boots antibacterial wipes (£1.05 for 12, boots.com).



WASH... your hands properly
Studies show this is the single most effective way of preventing cold virus infections and cuts respiratory illness by a whopping 45%. It takes around 15 seconds – or the time it takes to sing Happy Birthday twice – to wash your hands thoroughly.

GOT 30 SECONDS?

MOVE... your eyes from side to side
Just 30 seconds of rapid eye exercises can improve your memory by up to 10%. Try it next time you're using a card terminal at the supermarket checkout and can't remember your PIN.

LET... your shower run for at least 30 seconds before stepping under it
Researchers found that shower heads are a breeding ground for harmful bacteria that spray out with the first burst of water and can be inhaled into your lungs.



DRINK... your milk
Up to 40% of the vitamins in fortified cereals dissolve in the milk, so make sure you sup up all the leftovers in the bottom of the bowl.

GOT 1 MINUTE?

BOOK... a dental appointment
Having your teeth professionally cleaned and polished by a dental hygienist at least once a year cuts the risk of heart attack by 24% and stroke risk by 13%. Stay healthy between appointments by flossing every day. Fit & Well loves Oral B Super Floss (£1.65, boots.com).



CHOOSE... a bra with wider straps
Thin, tight bra straps can push on the cervical nerve in the neck, triggering head pain. The bigger your breasts, the greater the risk. If you are a D cup or above, try bravissimo.com for stylish bras with thicker straps. Their Linear Rose design is £32 and available in sizes DD to K.

GOT 2 MINUTES?

IMPROVE... your sex life
The trick is to tone your pelvic floor. And it will also prevent those embarrassing cross-your-legs-when-sneezing moments. Tense the muscles you'd use to hold back the flow of urine for a count of three, then relax for the same. Start with 10 of each of these clenches at first, gradually working up to 20. Repeat three times a day.

CHECK... your breasts regularly
When you're in the shower, glide the palm of your hand over your breast in a circular movement. Start around the armpit and move towards the top of the breast. Now move your hand towards the middle of the breast, finishing underneath. Apply enough pressure that's comfortable for you. Now repeat on the other breast. Once you know what's normal for you, look out for any changes and see your GP if you're worried. Around 80% of women with breast cancer visit their GP after finding a lump.

CHECK... your smoke alarm
You're four times more likely to die in a fire at your home if you don't have a working alarm and studies have shown that 41% of alarms failed to operate because the battery was missing. Make sure yours are working properly and are dust-free, say experts at gov.uk/firekills. If you don't have one, we love First Alert's twin pack (£9.99, screwfix.com).



GOT 5 MINUTES?



BEAT... neck pain with a tennis ball
Stand against a wall, put the ball behind your neck and move it around the painful area. The pressure increases blood flow, bringing more oxygen and nutrients to aid repair.

JOT... down what you've eaten
Keeping a record of your daily food consumption could double your weight loss, according to a study of 1,700 participants over six months. Sign up to myfitnesspal.com and they'll work out your calories, fat and vitamin levels too.

Got 10 minutes?

WALK... A MILE
The magic number for daily exercise used to be 30, but new research reveals that as little as 10 minutes a day could increase your lifespan by three years. Walking briskly ticks all the health benefit boxes and is a quick way to relieve stress too.



GET... SOME SUN
Exposure to sunlight stimulates vitamin D in the skin – a deficiency is linked to low immunity, osteoporosis, cancer and obesity. Just 10-15 minutes is enough to gain health benefits without risking skin damage.

Photo Getty Images, iStock



Lose a stone get more energy!

This clean eating diet plan ticks all the boxes. You'll boost your energy levels and shift a stone in three weeks. What's not to love?

You might be familiar with the term clean eating – it's one of the most popular healthy food tags on Instagram – but what does it actually mean and why is it good for your body? Rather than concentrating on eating less, the clean method is more about being mindful of the food's journey between its origin and your plate. It's about eating whole foods – those that are un- or minimally processed, refined, and handled, making them as close to their natural state as possible. Do this and weight will drop off and your health will improve, no starving required! Make a start with our clean eating body reboot...

THE 4 EATING CLEAN PRINCIPLES

BALANCE: The breakfast and lunch recipes in the plan balance proteins and carbs to promote weight loss and boost energy. Go easy on the carbs in the evening as it's harder to burn off these calories.

1 GO RAW

Swap winter carbs for fresh, raw fruit and veg packed full of enzymes and phytonutrients that recharge your body. Salads balance blood sugar, reducing cravings and even out energy levels.

2 SNACK SENSIBLY

Pick natural foods that boost metabolism and help you to stay full. Apples, pears and plums are ideal for blood sugar balance. Nuts or seeds provide good fats and magnesium for metabolism.

3 BE ORGANIC

Sluggishness, bloating, headaches and weight gain can often occur as a result of excess toxicity. To re-energise, try to eat more organic foods in your diet.

4 DETOX

Tea, coffee, alcohol and sugar work against your metabolism. If you're following the plan for three weeks, aim for no more than two cups of tea or coffee a day, two glasses of wine a week and two small sugary treats a week.

THE ENERGY-BOOSTING BREAKFAST

Breakfast each morning couldn't be quicker or simpler. Pop all the ingredients of the Spring Smoothie recipe, plus each day's Spring Power Fruit, into a blender and whizz until smooth.



Spring Smoothie

- 1tbsp natural bio yogurt
- 150ml fruit juice
- 1tbsp oats
- 150ml semi-skimmed milk
- Serving of daily Spring Power Fruit

THE PERFECT POWER SALAD

Prepare enough Spring Salad for three days and keep in the fridge in an airtight container. Then simply add the daily raw Power Vegetable each lunchtime.



Spring Salad

- 2 handfuls mixed salad leaves
- 1 tomato, sliced
- ¼ cucumber, sliced
- 1 stick celery, sliced
- 50g of either fish, chicken or turkey or 3 slices ham or 2tbsp cottage cheese or 2 hard-boiled eggs
- 1tbsp low-cal vinaigrette
- Daily Power Vegetable

And for an extra boost...

Lose more weight and feel healthier by adding some exercise into your weekly routine. You don't need to start pumping iron or hit the gym. As the weather improves, try walking rather than driving for small errands, getting off the bus a stop early and take the family out for a walk at the weekend.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Spring Smoothie with Power Fruit Blueberries	Spring Smoothie with Power Fruit Pomegranate	Spring Smoothie with Power Fruit Strawberries	Spring Smoothie with Power Fruit Kiwi	Spring Smoothie with Power Fruit Watermelon	Spring Smoothie with Power Fruit Raspberries	Spring Smoothie with Power Fruit Cherries
SNACK	Sunflower seeds	Almonds	Walnuts	Pumpkin seeds	Brazil nuts	Hazelnuts	Sunflower seeds
LUNCH	Spring Salad with Power Vegetable Watercress	Spring Salad with Power Vegetable Spinach	Spring Salad with Power Vegetable Broccoli	Spring Salad with Power Vegetable Grated beetroot	Spring Salad with Power Vegetable Sugar snap peas	Spring Salad with Power Vegetable Alfalfa sprouts	Spring Salad with Power Vegetable Sliced red pepper
SNACK	Apple	Pear	Plum	Apple	Apple	Plum	Apple
DINNER	Salmon with green vegetables and new potatoes	Chicken stir-fry and small portion of rice	Grilled cod with peas, green beans and spinach	Warm chicken salad and roasted vegetables	Grilled fish cakes with plenty of fresh green salad	Baked mackerel with new potatoes and vegetables	Skinless roast chicken with fresh vegetables

Photos Corbis, Getty Images, iStock, Mediablitz



Exclusive *FIT & WELL* OFFER worth £77

A week of British Military Fitness workouts FOR FREE!

If you're determined to take your fitness to the next level this year, our special offer can help you do just that...

With more than 140 venues nationwide, British Military Fitness is the UK's undisputed leader in outdoor fitness. And they're offering Fit & Well readers the chance to try out a week of classes for free!

These inspiring group sessions are led by serving or former members of the Armed Forces, and are a fun, effective way of improving your fitness with like-minded people. With the encouragement of an expert instructor, you'll train in pairs, groups and teams. There are three ability levels, catering for exercise rookies to fitness veterans.

Upon activation, this offer entitles you to free access to every class that takes place at your chosen location for a seven-day period.





HOW TO CLAIM YOUR CLASSES

» **To redeem your free week of classes, just visit britmilfit.com/try-bmf-for-free and complete the registration form. When prompted for a promotional code, enter FITWELL15 to activate. This offer is valid for seven days after activation. To find out where your nearest BMF venue is, visit britishmilitaryfitness.com**

BRITISH MILITARY FITNESS SERIOUS FUN

EAT LESS OR EXERCISE MORE?



The answer Become more active
The reason If your weight loss has plateaued, cutting your food intake dramatically will cause your body to go into starvation mode, holding on to fat. So try a workout instead.

CROUTONS OR DRESSING?

THE ANSWER
DRESSING
THE REASON Although Caesar dressing has more calories and over 50g more fat per 100g than croutons, it also packs a health punch. The olive oil, garlic and lemon juice provide vitamins and minerals. But ditch the croutons – they're empty calories.

What's *better?*

We give you the knowledge to make the right decisions – fast!

A glass of wine or a big night out?

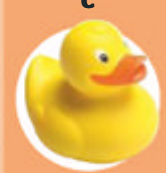


THE ANSWER HAVE A DRINK A DAY
THE REASON The liver can struggle to break down alcohol if you overload it. So while health experts suggest not drinking every day, you're still better having a regular evening tipple than flooding your liver with toxins once a week.



15%
The increased amount of antioxidants released when you give tea a swirl before removing the bag. So stir things up!

WHAT WILL HELP ME GET TO SLEEP QUICKER?

A	B	C	D
			
Reading	Watching my fave show	A hot bath	Stretching

ANSWER: Stretching! A light stretch might not sound relaxing, but it's the best way to put your body in a relaxed state (see page 77 to try our 10-minute stretch challenge before you go to bed). Books will relax your mind, but TV light can disrupt sleep hormones and a hot bath isn't a good idea as your body needs to cool down to drop off.

STILL *OR* SPARKLING?

The answer Still
The reason Sparkling water is healthier than sugary drinks, but the sodium content (per litre) in some may surprise you, so drink in moderation.



33.3mg 5.6mg

Words Natalia Lubomirski Photos Getty Images, iStock

20 ways to SWIM SMARTER

Forget about messing around in the shallow end – power up your pool performance with these tips, gadgets and gear...



PERFECT YOUR TECHNIQUE

1 CHANGE IT UP

'Mix up your swimming strokes so that you're not always targeting the same muscle groups,' says Lorcan Loughrey, Reebok Sports Club head swim personal trainer (reebokclub.co.uk). 'Front crawl and backstroke use biceps, triceps and shoulder muscles. In breaststroke, the emphasis is on your gluteus maximus and the inner thighs. Butterfly targets back muscles and abs.'

2 KEEP YOUR HEAD DOWN

We know, you don't want to get water in your eyes, however, swimming breaststroke with your head up is a no-no, says Loughrey: 'It gives you neck strain and increases drag, which slows you down.'

3 GET A COACH

'To up your pace, book sessions with a swimming coach – you'll really benefit from their expertise and they'll be a kick up the butt if you start to flag,' says Loughrey. 'Or, bring a friend and (with permission from the staff) ask them to video your strokes. You can then identify where you need to improve.'



4 SPREAD YOUR FINGERS

Normally aim to keep your fingers tight together? Actually, leave a tiny gap between them, so you'll have a bigger surface area working as a paddle.

5 DO YOUR LINES

'Keeping your head, neck and back aligned means less resistance in the water,' says Caroline Swatton, director of Swalings International School of Swimming (swimming-lessons.com). 'Most pools have vertical lines on the bottom, so use one as a guide to stay straight.'

Words Christina Quaine **Photos** Getty Images, iStock



THERE'S AN APP FOR THAT!

6 SPEEDO FIT

This app lets you log your swims, keep track of distance covered, set goals and connect with friends for a little healthy competition. Also use it to find your nearest pool. Free, Apple iOS, speedo.co.uk

7 SWIMFIT

Register for this web app and you'll get access to workouts, including 'get toned', for swimmers who want to stay trim, and 'competitive' for those who can put in four or more sessions a week. Free, swimming.org

8 GO SWIM

'This US website has videos on everything from head position when you're doing freestyle to doing a flip turn,' says Loughrey. Go to their YouTube channel for a selection of free-to-watch drills. goswim.tv

9 FREESTYLE SWIMMING

This app has tips and videos on how to master the freestyle, all with the help of former Great Britain head Olympic swimming coach Ben Titley. 99p, Android; £1.99 for Apple iOS

10 WILD BRITAIN SWIMMING

Fancy a dip in the great outdoors? This app lets you know about the best lakes, rivers and waterfalls around the country, including skinny-dipping locations. £4.99, Apple iOS

KILLER KIT



11 THE PACEMAKER

'I really like the Finis Tempo Trainer Pro,' says Loughrey. 'It's a metronome pacing device that you can clip to your swimming cap. It beeps to set the pace for your swim stroke.' £31.50, simplyswim.com



12 THE CAP

A silicone cap is easier to get on and off than the latex rubber variety – and it won't pull on your hair. Robust and tear-resistant too. 3 stripes silicone cap, £6, adidas.co.uk



13 THE SWIMSUIT

This cossie has 360-degree compression panels which help you engage your core muscles and minimise drag and energy use. Speedo Fit Pinnacle Kickback swimsuit, £50, speedostore.co.uk



14 THE SOUND SYSTEM

This new MP3 player has a snug, waterproof headset. Listen to pre-stored tunes or you can use Bluetooth to connect to your smartphone. Waterproof Bluetooth Walkman NWZ-WS610, from £129, sony.co.uk



15 THE GOGGLES

Curved lenses give you a wide field of vision – 180 degrees – and they're super-easy to adjust. Kaiman Exo ladies' goggles, £22.99, aquaspherewswim.com

IT SOUNDS BONKERS BUT...

16 SNOOZE YOURSELF FASTER

Getting extra shut-eye can boost your pool performance, according to research from the American Academy of Sleep Medicine. When members of the swimming teams at Stanford University slept for 10 hours for six to seven weeks, they swam a 15-metre sprint 0.51 seconds faster.

17 GET GEAR HAPPY

'Most pools have accessories which can improve your swim,' says Loughrey. 'Use a kickboard to target legs,' he suggests. 'Put your hands over the top of the board, holding arms out in a straight line and swim using only your legs. Pullbuoys do the opposite – stick one between your thighs as you focus on your arm pull and upper body strength.'

18 SNACK SMART

'A pre-swim snack eaten one to two hours before exercising that's high in carbohydrates and low in fat will improve performance,' says dietician Linia Patel (liniapatel.com). 'Go for low-fat fruit yogurt, a banana or a slice of fruit bread, such as Soreen.'

19 ENJOY AN EVENING SWIM

A study from the University of South Carolina found that swimmers' performance peaked at 11pm. And research from Albany Medical College, New York, found that lung function is 17.6% more efficient at 5pm than at midday – so you'll be able to push yourself further in a post-work dip.

20 USE YOUR SINK

'Learning how to breathe correctly is crucial to technique,' says Loughrey. 'Practise at home in your sink to build up confidence. Hold you head in the water for 10 seconds and exhale through your mouth. You'll swallow water and it'll go up your nose, but it's all progressive and about being patient.'





Do you really need that vitamin pill?

It's easier than you think to get your RDA of key nutrients...

The majority of healthy adults should be able to get enough vitamins and minerals to keep their bodies healthy and active by eating a balanced and varied diet and spending time in the sunshine,' says dietician Helen Bond. So why do so many of us fail to achieve this? Well, according to a National Diet and Nutrition Survey, we're still consuming too much saturated fat, added sugars and salt and not enough fruit, vegetables, oily fish and fibre, which can leave people at risk of serious health problems.

Popping pills all the time is not always the answer though. 'Food supplements can temporarily help bridge the gap, but they're not a substitute for a healthy diet,' warns Bond. Aside from the essential vitamins and minerals, food also provides us with fibre and antioxidants.

VITAMIN A



» 50g steamed carrots
GOOD FOR vision, skin, growth, immune system and fertility

VITAMIN B2



» 2 eggs, 2 Weetabix with 125ml semi-skimmed milk
GOOD FOR healthy skin and energy

VITAMINS B6 AND B12



» 1 cup of plain yogurt and a banana
GOOD FOR blood, nerves and immune system function

VITAMIN C



» 1 kiwi and a glass of orange juice
GOOD FOR improving immunity, bone strength, skin, joints, healing and iron absorption

VITAMIN D



» 85g salmon
GOOD FOR regulating calcium levels, keeping bones strong, keeping your heart and nervous system healthy

VITAMIN E



» 1 cup of raw broccoli and 50g almonds
GOOD FOR protecting cell membranes, improving healing and fertility

CALCIUM



» A glass of milk and 1 serving of spinach
GOOD FOR increasing bone and teeth strength, and muscle health (including your heart)

IRON



» A large spinach salad, a cup of lentil soup and a small serving of red meat
GOOD FOR producing red blood cells to carry oxygen around your body

MAGNESIUM



» 2 slices of wholemeal bread, 1 cup of boiled spinach, 1 cup of lentils and 2 shredded wheat
GOOD FOR blood pressure, regulating blood sugar levels and maintaining normal muscle and nerve function

WHEN TO SAY YES TO SUPPLEMENTS

WHAT Vitamin B12
WHO Vegans
WHY B12 is only found in animal products

WHAT Vitamin D
WHO Children (six months to five years), women conceiving, pregnant or breastfeeding, adults aged 65 or over, people with darker skin
WHY Healthy bone development

WHAT Folic acid
WHO Women trying to conceive and in their first 12 weeks of pregnancy
WHY Reduces risk of neural tube defects

WHEN TO SAY NO

WHAT Vitamin A
WHO Pregnant women
WHY Large amounts can be harmful to the unborn baby

WHAT Vitamin C
WHO Diabetics
WHY Can affect your blood sugar levels

WHAT Vitamin E
WHO People with cardiovascular disease
WHY Can increase the risk of further heart attacks

Words Natalia Lubomirski **Photos** Getty Images, iStock

Find your style, shop the look



BROWSE HUNDREDS OF ROOMS FOR INSPIRATION



FIND STYLE IDEAS



SHOP THE LOOK

Image credits: Amara, Barker and Stonehouse, Dar Lighting, House of Hackney, Tesco

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IT'S ALL GOING a bit wrong!

After taking a break from training for the London Marathon, Emma Robertson gets back on track



My month in numbers

» **7** Long runs
» **5** Hot-water bottles
» **3** Nervous chats: 'Can I really do this?'

'Oops, no training for 3 weeks...'

All my training had been going so well before Christmas – even with all the parties. I was smashing the 40 minute run and felt ready to go further! But then work became busy and the fact I was hosting Christmas and my house was still a building site had to take priority. I didn't have the time or energy to go running. So I'll be honest, I didn't do anything for three weeks. Boy, did it niggle at the back of my mind! But with the festivities out of the way, I hit the road. The run I'd been doing easily was suddenly so hard. I huffed and puffed my way round. And the hill at the end? I walked it. The shame.



When's my rest day?

When I look at my training schedule, the only rest day is Friday – oh hang on, you get a rest day on a Monday too on week five! I've got two copies – one stuck on the inside of one of my cupboard doors and one on my desk.



Hmm... there's still a lot of runs to do!

Taking it seriously

But 5 January was T-Day. Proper marathon training started here. I'm using the Running With Us intermediate schedule available on the Cancer Research UK website. So far it's not so bad. This feels like the best way to work my fitness level back up again.

Early mornings

It's a lovely feeling being able to cross off each day – at the moment that's the best bit! But making sure I squeeze in everything I'm meant to be doing is tricky and, more often than not, I'm finding myself at the gym before 7am – it's too cold and dark at that time to run outside. I'm even managing one lunchtime run a week with friends. Our first one was a 5k and it took us 30 minutes – it's funny how that distance has become manageable.

My current goals

- [ ] Stay positive and keep to my training schedule
- [ ] Stop panicking about upcoming long runs – 75 and 90 mins eeeek!
- [ ] Complete the Cancer Research 10k London Winter Run

Emma's video diary

To see Emma's regular marathon vlog, like us on Facebook at Facebook.com/fitandwellmagazine

Feeling angry?

Whether you're a silent seether or boil over all the time, our quiz shows you how to let off steam instead of losing the plot...

Anger is not our prettiest emotion, but it's one many of us experience daily, even if it's just tutting at fellow commuters. And with a Mental Health Organisation study finding that more than one in 10 people in the UK have trouble controlling their anger, it's clearly having a significant impact. As anger management expert Mike Fisher (angermanage.co.uk) explains: 'We have primary needs – to feel respected, valued and cared for. And when these needs aren't met, there's an opportunity for anger. Managing anger isn't about eradicating these feelings, but about controlling how you react to them.' Take our quiz to suss out your anger style and how to keep it in check.

TRY OUR ANGER QUIZ

1 People would describe you as...
- ☐ An open book
- ☐ Slightly guarded
- ☐ Unpredictable
- ☐ Easy to be around

2 When you're under pressure you...
- ☐ Snap
- ☐ Overcompensate
- ☐ Take things personally
- ☐ Ask for help

3 In life you...
- ☐ Go with your gut
- ☐ Overthink things
- ☐ Chop and change
- ☐ Go with the flow

4 In meetings you...
- ☐ Talk the most
- ☐ Come prepared
- ☐ Get pipped to the post
- ☐ Prefer to listen to what others are saying

5 The phrase that most applies to you is...
- ☐ I am who I am
- ☐ I keep to myself
- ☐ It's all about me
- ☐ I take things as they come

6 Your parents tended to...
- ☐ Have it all out
- ☐ Have tense silences
- ☐ Snipe at each other
- ☐ Talk things through

7 The statement that most applies to you is...
- ☐ I like to be right
- ☐ I wish people listened
- ☐ I don't like criticism
- ☐ I get on with things

8 In a disagreement you...
- ☐ Lose your temper
- ☐ Give in to avoid an argument
- ☐ Walk away from the conflict
- ☐ Try to reach a compromise

WHAT KIND OF ANGRY ARE YOU?





MOSTLY ORANGE

The Exploder

Rage-wise, you're a 'right here, right now, get it all out and then some' type. On the plus side, you probably aren't carrying around any anger baggage that can end up being vented elsewhere. But being so quick to react while you're at peak fury can damage relationships.

'When you experience that bubbling of anger, take time out before you say or do anything and see how you feel in five minutes,' advises Mike. 'Ask yourself 'Why am I feeling like this?' and 'Why can't I contain it?' By considering the source of your anger, you can start to take control.'

You also need to question whether your anger is justified. 'You might want to win the argument, but instead you should try to understand the other's viewpoint to reach a resolution.'

MOSTLY RED

The Switcher

A combination of Exploders and Seethers, Switchers suck their anger in, stewing for days, weeks or even months before blowing up, often disproportionately. 'This can be damaging, as you're storing your anger, then acting out in other areas of your life – often taking it out on innocent parties, or overreacting to the smallest slight,' says Mike. It can make it difficult for people to trust you because they can't predict when or why you're going to blow up.

'One useful technique is to keep an anger journal,' suggests Andrea. 'This will allow you to identify triggers and how you react, and help you to communicate your feelings in a healthier way. By spotting patterns and analysing them, you can understand the impetus behind your anger and manage it better.'

MOSTLY BLUE

The Seether

When it comes to kicking off, you're more likely to harrumph a tight-mouthed 'It's fine' than admit that it very much isn't. But while you might not lose friends with your unwillingness to argue, this isn't the healthiest way to process anger.

'Anger is an uncomfortable emotion – it triggers the fight/flight/freeze response, so you feel you're in danger,' says psychotherapist Andrea Brandt (abrandtherapy.com). 'People who repress and deny their anger can struggle to have intimacy and closeness – because they aren't honest about their feelings.'

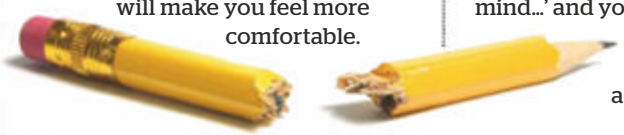
Next time you're annoyed, practise ways of expressing it that aren't inflammatory. Phrases like 'It seems like' and 'I feel that' will allow for a calm, controlled discussion that will make you feel more comfortable.

MOSTLY PURPLE

The Zenster

If this quiz was a test, you'd score an A* in anger management. You don't take things personally, you accept that people have different opinions and you listen rather than assume. But there is a productive side to anger that you might want to tap into.

'Anger can be good when handled in the right way because it helps us set boundaries and get what we want,' says Andrea. A University of Massachusetts Amherst study found that argumentative episodes helped strengthen relationships. While a study in the *Journal of Clinical Psychology* found that 40% of people reported positive long-term effects from angry episodes. We're not saying you should start picking fights when you don't feel miffed. But next time someone asks, 'Do you mind...' and you do, why not say yes? You may both end up benefiting from a bit more backbone.



Words Laura Jane Macbeth **Photos** Alamy, iStock

Simple ways to SLEEP BETTER

These bedtime treats will help you switch off, relax and get a peaceful night's sleep – all for under £10!

1 **Boots Extracts Luscious Vanilla Body Spray, £4.50** The aroma of vanilla gives you a safe and secure feeling, helping you sleep.





2 **L'Occitane Relaxing Perfumed Sachets, £8 for two** Filled with dried lavender and beads of essential oils, these sachets release a calming fragrance.

3 **Yankee Candle Small Lemon Lavender Pillar Candle, £9.95** Burn this in the lounge during the evening as the scent of lavender gradually causes drowsiness.



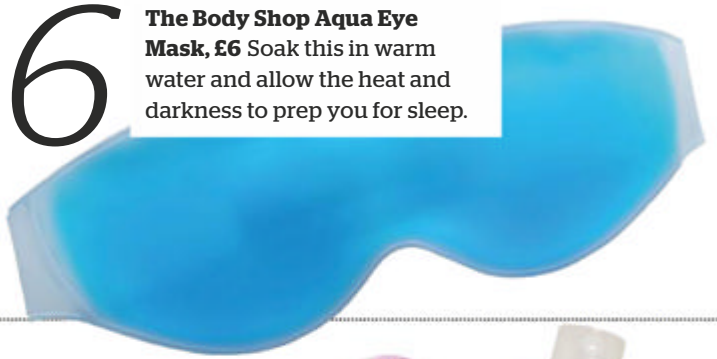
4 **Tisserand De-Stress Aromatherapy Roller Ball, £5.49** Glide over pulse points to benefit from sleep aids such as patchouli, orange and rose oils.





5 **Weleda Avena Sativa Comp Drops, £8.95** A homeopathic blend of oats, passion flower and hops to help you relax and stop worrying.

6 **The Body Shop Aqua Eye Mask, £6** Soak this in warm water and allow the heat and darkness to prep you for sleep.





7 **Pluggerz Sleep Earplugs, £9.99** Block out traffic noise, but still let you hear your alarm clock.

8 **Boots Re:Balance Dream Pillow Mist Geranium, £6.15** If you're not a fan of lavender, geranium essential oil is a fresher-smelling alternative. It's known to work directly on the nervous system and stops you fretting. Spray onto your pillow case and into the air above it.





9

Badger Sleep Balm, £4.99 Massage onto your pulse points – wrists, temples and neck – before you shut your eyes and allow the lavender and bergamot oils to reduce anxiety.



10

Clipper Organic Sleep Easy Infusion, £1.45 Avoid caffeine before bed and sip this soothing brew of valerian root, camomile and lemon balm instead.



11

Neal's Yard Remedies Aromatherapy Blend Night Time, £9.50 Stop your mind whirring by adding 4-6 drops of this oil to a bowl of hot water and inhale the vapours.



12

Lush Twilight Bath Bomb, £3.35. As it dissolves, the water turns from the colour of the setting sun to a midnight blue. The caramel tonka scent is like a malty bedtime drink.

13

The Body Shop Divine Calm Relaxing Massage Oil, £8 Get your other half to massage this lavender and camomile oil into your shoulders using deep circular motions, starting from the neck. Chances are you'll nod off before you have to return the favour!





14

Sanctuary Spa Comforting Night Butter, £9.50 Cocoon yourself in the tension-busting scents of ylang-ylang, frankincense and patchouli.

15

Kneipp Sweet Dreams Mineral Bath Salt, £8.95 For a dose of deep calm, add these salts, infused with valerian essential oil, to your bath water. Valerian has a long history of use for treating mild insomnia.



Words Fiona Embleton Photos iStock



fit & well

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10 minute challenge

Your 10 minute super stretch

Can a few minutes a day really make a difference? Take this month's daily challenge and stretch your way to a stronger, leaner body...

All-over body stretching is essential for sustaining the range of movement in our joints now and in the future, but if we're busy it's often the first thing to go from our exercise routine. 'Stretching minimises joint degeneration as you age and helps maintain your independence,' says personal trainer and former Olympic rower Toby Garbett. Daily tasks that you take for granted, such as walking up stairs or looking over your shoulder, become more difficult, but keeping flexible now avoids problems later.

So get your body moving and start or end the next 30 days with Toby's supple-inducing stretching session...

1 CALF STRETCH

Stand on a step, placing the ball of your right foot on the edge, with your heel hanging over the edge. Sink your heel towards the floor, using your body weight to create a stretch. Hold for 30 seconds and repeat on the other side.

2 GLUTE & HIP STRETCH

Stand facing the back of a chair, around hip height. Lift your right foot and place the outside of it on the back of the chair, letting your right knee flop out to the side. Next, gently lean your torso forwards as far as possible, stretching your arms over the chair and hold for one minute. Switch to the other side and repeat.

3 LOWER BACK STRETCH

Lie on your back with your legs stretched out in front of you. Bend the knee of your left leg up bringing it in towards your body. Breathe in, then as you breathe out, clasp your hands around your knee, hugging it in to your chest. Hold for one minute and repeat on the other side.

4 ALL-OVER STRETCH

Start in a full press-up position with your feet hip-width apart. Walk your hands a few paces back until your legs are at 90° to your body like an upside-down V. Aim for straight legs, back and arms, raising your hips and bottom towards the ceiling, while working towards flattening your heels to the floor. Hold for a minute.

Take the challenge!

Tick off each day, from 1 to 30. Daily stretching will help relieve muscle stiffness, increase range of movement, while improving posture and helping you prepare mentally for the day.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20

☐ 21 ☐ 22 ☐ 23 ☐ 24 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30

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Words Natalia Lubomirski **Photos** Getty Images

Your better BODY in a bottle!

We've got the best tips and products to get your body looking fab in just 30 days, without even breaking a sweat...



Firm up arms

Nip + Fab Upper Arm Fix, £12.99, won't build muscle (the most important part of sculpted-looking arms), but it will help to smooth and firm.

Smooth those wobbly areas

Clarins Body Lift Cellulite Control, £36, works. Don't be alarmed if after a few minutes of application your skin feels tingly – it's just the active ingredients doing their job.

Buff your body

The **Clarisonic Plus, £179**, allows you to gently massage and stimulate your skin, renewing dull cells and improving the texture.

Revive tired skin

Alpha H Gentle Daily Exfoliant, £34.50, will banish dull winter skin for a perfectly even complexion. Mix two doses of the powder on to your hands, add a little water and massage the paste into your skin for a few minutes before rinsing.

Improve your décolletage

A twice-daily dose of **Spa Find Sculpted Silhouette Bust Extract Intensive Lift Action, £30**, applied in a gentle upwards sweeping motion will help tone sagging swiftly.

Moisturise your legs

Nivea Q10 Plus Firming Body Oil, £6.63, nourishes dry skin and also helps to clear up stubborn stretch marks, giving you pins to be proud of.

Exfoliate all over

Use a body brush daily before your bath or shower. Start at your feet and work up your body in long, sweeping motions – light, gentle strokes are best. Try the **Hydrea London Beech Wood Body Brush With Cactus Fibre Bristles, £8.99**.

SUPER-FAST FIXES

Do you have a particular area that needs attention? Try these solutions:

TREAT ROUGH SKIN

If you suffer from keratosis pilaris – a condition where hair follicles become trapped by dead skin cells causing small red bumps on the backs of your arms – avoid grainy scrubs, which can be too harsh. Instead, use lotions you can apply daily that contain AHAs, such as fruit, salicylic or glycolic acids. Try **Soap & Glory The Firminator Targeted Arm Firming & Toning Formula, £12**.

CLEAN UP YOUR BACK

Use products that are also designed to treat acne on your face. Try a gentle but oil-zapping cleanser, such as **Bioré Blemish Fighting Ice Cleanser, £4.99**, or treat affected areas with **Garnier Skin Naturals Pure Active Intensive Charcoal Scrub, £4.99**, a once-a-day treatment that combats breakouts and helps unblock pores. For serious pimples, use a salicylic spot lotion, such as **Dermalogica Overnight Clearing Gel, £41.30**.



DEAL WITH CRINKLY KNEES

Smooth wrinkled skin by thoroughly exfoliating every other day with a grainy oil-based scrub, such as **Mandara Spa Island Paradise Intensive Body Scrub, £10.50**, and finish with **Trilogy Firming Body Lotion, £15.50**.



Photos urbanlip.com

HOW SMART ARE YOUR SCALES?

The Fit & Well team sample the top scales out there, proving that weighing yourself is more than just a number

Do you do it first thing, after you've been to the loo, before breakfast and completely starkers? If so, join the Fit & Well club! But, however you weigh yourself, the number on the scales alone means very little when determining health and long-term fitness. Which is why scales have got smarter and can now measure muscle mass and metabolic rate, for example – and some are even clever enough to work out where in your body you're storing fat and determine your heart rate. There are also apps you can download to set goals and track your weight loss when you need some much-needed motivation.

SALTER MI BODY BLUETOOTH BODY ANALYSER SCALE *£79.99*

BEST FOR Tech lovers



TESTER **Jane Druker, Associate Editor**
I want to keep my weight and health in check.

WHAT These are built for the 21st century – sleek, with a sophisticated understanding of your body's make-up.

TOP FEATURES You can track weight, body fat, body water, muscle mass, visceral fat, body mass and metabolic rate via your smartphone.

DOWNSIDES It's a bit fiddly to programme, so do read the (very small print) manual first.



GET THE MOST FROM IT
New research suggests we all weigh less at the end of the working week and most on Sunday night (when we've been eating more, moving less). So I'm going to weigh in on a Friday morning!



BEST FOR Health addicts

WITHINGS SMART BODY ANALYZER *£129.95*



TESTER **Natalia Lubomirski, Writer**
I rarely weigh myself – but scales that give an insight into my health – now that's interesting.

WHAT A seriously smart set that calculates weight, body fat percentage, and heart rate, using built-in electrodes.

TOP FEATURES Simply download the app to set up a target weight and deadline – it will then tell you how much you need to lose per week to reach your goal. Plus, you can measure your heart rate – as you lose weight your resting heart rate should decrease, a good indicator of total wellness.

GET THE MOST FROM IT
Hook up your scales to Facebook, so your network can cheer you on when you reach key milestones.

FITBIT ARIA *£86.99*



TESTER
Deborah Hughes, Art Director
I'm one of those people who weigh themselves each day, just to check!

WHAT A super-slick looking Wifi smart scale. A beautiful piece of kit.

TOP FEATURES No need to turn them on, just step on with bare feet for a weight and body fat reading which links to the fitbit app on your phone. The app then shows you your BMI, weight and body fat in easy-to-read graphs.

DOWNSIDES Took a couple of tries to set up – the scales have their own Wifi and then you have to link back again on your phone to your normal Wifi. Made me feel like I needed to buy a fitbit band to get the full benefit of the whole 'monitoring' lifestyle.

GET THE MOST FROM IT
The results from the scales appear on your dashboard, which also tracks exercise, calories burned, calories in vs calories out and how much water you've had. A great way to keep track of everything.



BEST FOR Active types



BEST FOR Long-term dieters

BLUEANATOMY BLUETOOTH SMART BODY SCALE *£89.99*



TESTER
Charlotte Richards, Editor I want to be more aware of body fat, not just the number on the scales.

WHAT Its app tracks weight, plus body fat, water, bones and muscle measurements.

TOP FEATURES Gives lots of detail, and logs what time of the day you weighed yourself as you can vary during the day.

DOWNSIDES The Bluetooth connection doesn't always work first time. If you just want to hop on quickly, you can check your weight but none of the other info appears.

GET THE MOST FROM IT Family members can set up their own user profile.

TANITA BC-545N BODY COMPOSITION MONITOR *£175*



TESTER
Jessica Powell, Contributing Editor
I'm training for my first marathon and I want a pair of scales to keep track of my progress.

WHAT Ultra hi-tech scales, which let you analyse your body in great detail.

TOP FEATURES Programme in your age, sex and height, and these scales will reveal BMI, body fat percentage, muscle and bone mass, and base metabolic rate (the calories you'll burn just to keep basic bodily functions ticking along), recording it all so you can review at a later date. The most novel element? The body segmental analysis – a breakdown of how muscle is distributed in your body (with each leg and arm and your torso measured separately). Great for spotting imbalances in your workout routine.

DOWNSIDES If you want this type of hi-tech in-depth analysis, then the price tag is worth it. If not, you might want to go for a cheaper model.

GET THE MOST FROM IT
Use the paper progress chart to record your stats, especially if you're training for a particular event. I'm attempting to build up my leg muscles, so I'm looking forward to the body segmental analysis feedback to see if it's working!



BEST FOR Dedicated athletes

Photos Getty Images

THE ONE THING...

TV presenter Julia Bradbury, 44, on the little rules she lives by



...That helps me stay in shape

My Fitbit [activity tracker]. I'm not fantastic at going to the gym but this nudges me to walk to meetings, to the shops, up stairs – I never take the lift. I also have a three-year-old boy to run after [her son Zephyrus with partner Gerard Cunningham]. I'm tempted to put my Fitbit on him to see how many steps he does!



...I like best about myself

My sense of humour because, even if nobody else will laugh at my jokes, I always do. I can rely on myself.

...you can do to supercharge a walk

Remember to swing your arms to get your elbows above your chest, to really push your heart.

...I do to keep my family healthy

I try to make sure we have a couple of vegetarian days a week for a) sustainability, and b) because it's good to mix things up and get proteins from different sources. So it's all about a balanced, healthy diet. But that isn't to say that you shouldn't have chocolate every day – even if it's just a Malteser. It makes you feel happy and happy is good.



...that gives me a lift

I'm not drinking caffeine because I'm pregnant [Julia is expecting twins in spring]. But it makes me feel better to have a cup of tea, so I'll have Rooibos, which is caffeine-free.



Julia's having a caffeine-free pregnancy

...I would change about myself

I'd like to be more patient – to elongate that window of calm from two minutes to something more realistic.

...that's key for a happy relationship

An understanding of different personalities. We are all individuals. You have to understand that different things motivate different people.

» *Julia Bradbury is an ambassador for Fitbit (fitbit.com/uk)*

Tweet your tip!

Julia wants to hear your best tip on coping with more than one child! Tell us @fitandwellmag

Words Jessica Powell **Photos** Jesper Mattias, Wenn

opinionated
honest
competitions
treat yourself
makeovers
women like you
celebrities
positive
CONFIDENT
TRUSTED
Real life
affordable fashion
bite-sized reads
FUN LOVING
Savvy
Modern
Busy women
Woman's Own
discounts
DIETS
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